

Date/Time:

Situation: Talking to a friend

Automatic thought(s): (if there is more than one circle the hottest thought and work on it first)

- She doesn't understand my problems
- She has a better life than me
- I've wasted my life.

Emotions

(1) name the emotion (2) rate its intensity on a scale from 1 = a trace to 100 = the most intense possible

Despair 80%
Sadness 60%
Anger 50%

Evaluation

(1) Use the questions below to evaluate your response to the automatic thought

(2) Rate how much you believe each response (1 = I don't believe it to 100 = I believe it 100%).

1. Is there an alternative way of viewing this?

Everyone has things they're proud of and things they aren't proud of in their life.

2. What's the worst that could happen? Could I live through it? How likely is it?

I'll die regretting my life. Could I live through it doesn't really apply here. It's a little bit likely, or maybe partially likely.

3. What's the best that could happen? What's the most realistic outcome?

Best is that I die feeling absolutely amazing about my life. The most realistic outcome is that I will die feeling good about parts of my life and less good about other parts, like almost everyone does.

4. What is the effect of thinking this way? Are my thoughts helpful?

When I think like this I just want to hide away. I just want to get into bed and watch tv and then I feel worse about my life. No, these thoughts aren't helpful, although sometimes it feels like they might help motivate me to do more with my life. But actually they do the opposite.

5. What is the evidence for the thought? What is the evidence against the thought?

Evidence for: I didn't get the job that I really wanted. Sometimes I'm sad and feel really bad about my life. Evidence against: I've made a lot of good choices too. I've actually accomplished a lot.

6. How might others see this situation?

They would probably think that I have a pretty good life. They would think that I have done the best I could with the choices available to me at the time.

7. What could be the effect of changing my thinking?

I wouldn't be so hard on myself and I'd be able to enjoy my life more.

8. If a good friend was in this situation what would I tell him or her?

I would tell them that they have tried their best and that no one has a perfect life with perfect choices. No one can do it all. And then I'd tell them that what matters is what they do going forward from here.

9. How important is this in the big picture?

It's really important. But it's mostly important because I want to figure out how I want to spend the rest of my life.

10. Am I falling into any thinking traps?

Black and white thinking. Catastrophizing.

Outcome:

(1) What emotion do you feel now? Calm, 90%. Resolved, 60%.

(2) Rate its intensity.

Further action:

Things to remember

Things to do next time

That everyone's life is made up of good choices and bad, and that what matters is what I decide to do going forward.

Take a few deep breaths and think about the big picture.