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1	Automatic Thoughts
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6	Emotional reasons to hold on to the thought
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9	Origins of these types of thoughts (e.g. time, energy, mood, relationships, motivation, decision-making, health, sleep, etc.)
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13	Costs of not changing the thoughts
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16	Distortions: all/nothing, blame, catastrophizing, comparing, disqualifying the positive, dwelling on the past,
17	emotional reasoning, failing to see the big picture, fallacy of fairness, fixation on certainty, fortune telling,
18	illusion of control, illusion of no control, illusion of being controlled by others or circumstances, jumping
19	to conclusions, labeling, magnifying, mental filter, mind reading, minimizing, myth of perfection
20	overgeneralizing, obsessing, permanence, pervasiveness, personalizing, shoulding
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22	Wise Mind Responses:
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28	Actions: