



Creating Alternative Thoughts

A cognitive-behavioural strategy to capture and identify automatic negative thoughts.

Event

What happened?

Feelings

How did it make me feel?

Thoughts (identify any distortions and label them)

What was I telling myself when the event was happening?

Behavior

What was my response to the situation?

Supportive evidence

Why is my thought true?

Non-supportive evidence

Why might my thought not be true?