Thought/belief Feelings/intensity0-10 Behaviour Thinking distortions Challenge/Positive thoughts

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| What limiting thought was going through my mind just then? What did the thoughts /images represent? What am I telling myself? Eg-I can`t do it  Belief-I`m not good enough & I will be embarrassed & make a mistake | What are my feelings right now?  (Low & anxious-10 overthinking, stomach tight, exhausted & feeling losing control/helpless) | Protective behaviour  Eg Avoid or show I`m busy & no one will know I can`t do it. Keep feelings to myself. Double checking/Withdraw  Practice new behaviours/change patterns | See above. Which ones do I use? Eg- Fortune telling. I haven`t tried, so how do I know I can`t do it! Examine evidence. Would I say this to a friend? | Test/observe/evidence. What`s another way at looking at this? Where`s the evidence? What`s the worst that could happen? What if I have a go & do it anyway? Predict pleasure/ satisfaction & set & visualise goal. Practical experiment to test accuracy Don`t under value what you have already achieved & what that tells you about yourself Prepare/Confront/Cope/Reflect. Was it as bad as I thought? I CAN do it!  What 200 new ways can I creatively try?  Find/focus on a realistic solution.  What needs to be done & how or let it go & I can learn from it? |