



Change your thoughts and
you will change your world

THE SITUATION:

_____ DID _____
[WHO] [WHAT]

[WHAT CONTINUED]

AT _____
[THIS PLACE] [WHEN]

THE STORY IN MY HEAD:

IT MADE ME THINK _____
[MY BELIEF]

IT MADE ME THINK _____
[PERSON]

_____ ABOUT MYSELF
[PERSON'S BELIEF'S]

TOPICS FOR THERAPY

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NOTES:

1.

2.

3.