

## Cognitive Behavioral Exercise

Automatic Thoughts - What thoughts are playing on repeat in your mind right now?

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Situation - What happened that triggered these thoughts?

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Feelings - What emotions are you experiencing right now?

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|------------------------------------|--------------------------------------|--|
| <input type="checkbox"/> Afraid    | <input type="checkbox"/> Surprised   | <input type="checkbox"/> Ignored       |
| <input type="checkbox"/> Accused   | <input type="checkbox"/> Lost        | <input type="checkbox"/> Tearful       |
| <input type="checkbox"/> Hopeful   | <input type="checkbox"/> Resistant   | <input type="checkbox"/> Insecure      |
| <input type="checkbox"/> Impatient | <input type="checkbox"/> Heartbroken | <input type="checkbox"/> Grateful      |
| <input type="checkbox"/> Defensive | <input type="checkbox"/> Curious     | <input type="checkbox"/> Ugly          |
| <input type="checkbox"/> Let down  | <input type="checkbox"/> Solemn      | <input type="checkbox"/> Unaccepted    |
| <input type="checkbox"/> Anxious   | <input type="checkbox"/> Used        | <input type="checkbox"/> Inferior      |
| <input type="checkbox"/> Helpless  | <input type="checkbox"/> Embarrassed | <input type="checkbox"/> Insignificant |
| <input type="checkbox"/> Horrified | <input type="checkbox"/> Incompetent | <input type="checkbox"/> Appreciated   |

Distortions - Sometimes our minds play tricks on us and our thoughts aren't necessarily connected to the true reality, even though they feel very true. Take a look at this list and check any cognitive distortions that might be getting in the way of your well being right now.

- Filtering out the positive** - Insisting that the positive "doesn't count"
- All-or-Nothing Thinking** - People/situations are either perfect or horrible
- Overgeneralization** - "Things are always going to be really bad."
- Jumping to conclusions** - Assuming the worst without knowing the true facts
- Catastrophizing** - Expecting disaster to strike
- Personalization** - Believing that everything that someone else does or says is a direct, negative reaction to yourself. Believing that everything is your fault.

- Blaming** - Blaming other people for our pain or blaming ourselves and taking too much responsibility for other people's pain/happiness
- Shoulds** - Criticizing ourselves/others for not meeting an invisible, unhelpful list of expectations
- Emotional Reasoning** - Believing that what we feel must automatically be true
- Mental Filter** - Picking out a single negative details and dwelling on it exclusively
- Always Being Right** - Believing or trying to prove you are right is more important than the feelings and perspectives of others

Reframe - Taking these distortions into account, what would be a more helpful, healthy way of thinking about the situation?

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Recognizing shame - When a difficult situation arises that leads to automatic thoughts and overwhelming feelings we often will start treating ourselves in ways that are unkind and just make the situation worse.

What behaviors is shame urging you to engage in? Maybe it is to withhold food from yourself, isolate yourself, or to barrage yourself with criticism.

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Choose the opposite of shame - It is much more effective to engage with ourselves in ways that are compassionate when we are struggling. These moments of pain and darkness are when we most need love and kindness, especially from ourselves. What actions can you take to nurture yourself that are the opposite of living into shame?

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