

Thought Monitoring Form *(use this the next time your negative self-talk is loud)*

Situation		
Feelings		
Thoughts		
Beliefs		
Thinking errors	<input type="checkbox"/> Shoulds <input type="checkbox"/> Awfulising <input type="checkbox"/> Black and white thinking <input type="checkbox"/> Overgeneralising <input type="checkbox"/> Personalising <input type="checkbox"/> Filtering	<input type="checkbox"/> Jumping to negative conclusions <input type="checkbox"/> Mindreading <input type="checkbox"/> Blaming <input type="checkbox"/> Labelling <input type="checkbox"/> Predicting catastrophe <input type="checkbox"/> Comparing
Dispute Alternative, more balanced view? What would I tell a friend who was in this situation?		
Positive actions		

Adapted from Sarah Edleman, Change Your Thinking