

CHANGING THOUGHTS

Use this handout to note down times when you notice a big shift in your mood. Note the situation, the possible thoughts you are having about the situation and how that makes you feel. Then see if you can come up with some alternative, more realistic or neutral thoughts about the situation and note whether changing the way you think changes the way you feel.

SITUATION	THOUGHTS AND POSSIBLE RESULTING MOOD	ALTERNATIVE THOUGHTS AND POSSIBLE CHANGE IN MOOD
