

Situation

PERCEPTION

Feelings Intensity 0-100%

- 1.
- 2.
- 3.
- 4.

Automatic Thoughts Belief 0-100%

- 1.
- 2.
- 3.
- 4.

Initial Behavioral Response Effective 0-100%

Circle Hindrances That Arose

- | | |
|------------------------------|----------------------------|
| 1. Desire, clinging, craving | 2. Aversion, anger, hatred |
| 3. Sleepiness, sloth | 4. Restlessness |
| | 5. Doubt |

Body Sensations Intensity 0-100%

Cognitive Restructuring

- A** Are these thoughts helpful to me?
- B** What is the evidence thought is true?
 - 1.
 - 2.
 - 3.
 - 4.
- C** What is the evidence thought is not 100% true?
 - 1.
 - 2.
 - 3.
 - 4.
- D** Any typical cognitive errors? (Circle)

All or nothing thinking; overgeneralization; mental filter; disqualifying the positive; jumping to conclusions; magnification or minimizing; emotional reasoning; should statements; labeling/mislabeling; personalizations/blame
- E** If a friend had these thoughts, what would I advise him/her?
- F** Combining **B**, **C** and **E**, can you think of a more realistic, balanced or helpful thought?

Reassess and Plan

Re-rate intensity of feeling:

- | | |
|---|---|
| 1 | 3 |
| 2 | 4 |

Re-rate belief in thought:

- | | |
|---|---|
| 1 | 3 |
| 2 | 4 |

Write a new behavioral response:

- 1.
- 2.

Predict how effective it will be 0-100% _____

After, rate how effective it was 0-100% _____

Mindfulness Planning

What can you do to increase mindfulness?

What activity will you bring mindfulness to daily this week?

When will you meditate this week?

For how long? _____