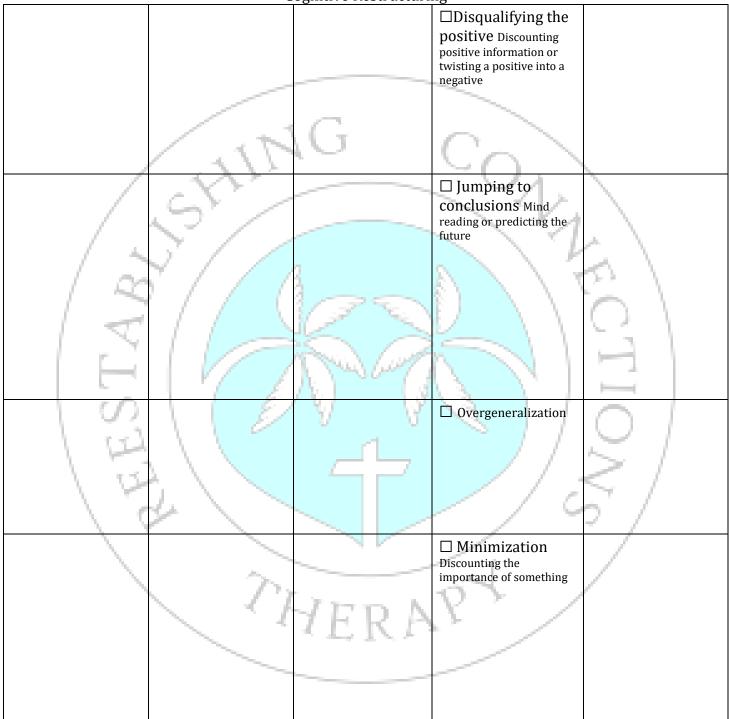


Cognitive Restructuring: Thought Distortion Monitoring Record

SituationAutomaticEmotions & Body SensationsUnhelpful thinking styleChallenge & RestructureWhat were you doing?What went throughWhat did you feel?Does your thought fallCombat the negative	
Who were you with? What were you doing?thought What went throughBody Sensations What did you feel?thinking style Does your thought fallRestructure Combat the negative	
What were you doing? What went through What did you feel? Does your thought fall Combat the negative	
	7e
Where were you? your mind? (Thoughts, (Rate intensity 0- into any of these thoughts with the	
When did it happen?your minder (moughes)(nucle meensity ofmeensity ofmeensity ofmeensity ofWhen did it happen?images, or memories)100%)common traps?truth (what are your common traps?	ır
strengths, giftings?	
	J
□ All or nothing	
thinking –thinking in extremes. For example,	
something is either 100%	
good or bad.	
□Catastrophizing	
Jumping to the worst	
possible conclusion	
□Mental filter Only	
paying attention to certain	
types of evidence ("that	
doesn't count").	

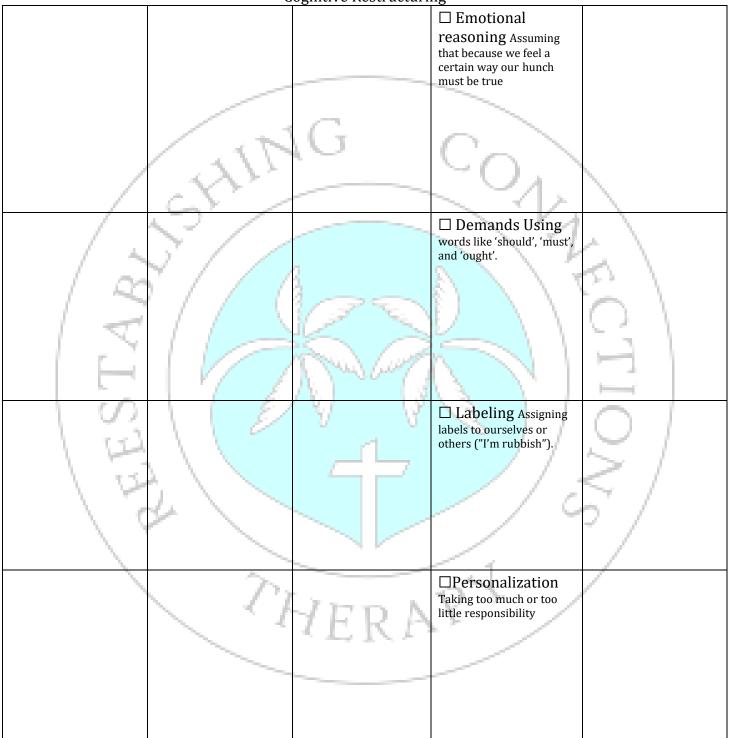


Cognitive Restructuring



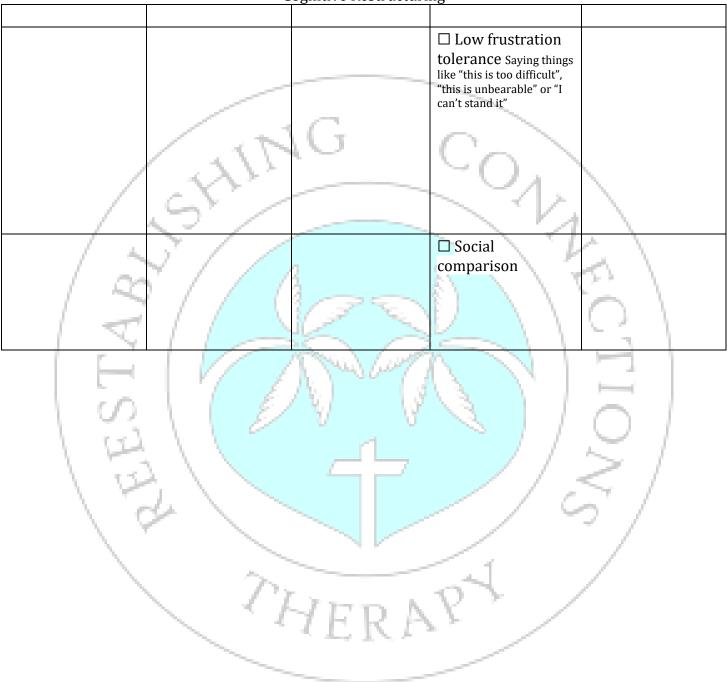


Cognitive Restructuring





Cognitive Restructuring



Reestablishing Connections Therapy Cognitive Restructuring Worksheet https://reestablishingconnectionstherapy.ca/