Form 8.1: Practicing Cognitive Flexibility

Use this form to help you move past your first impressions by identifying if you're falling into a negative thinking trap and coming up with alternative ways you can think about the situation. Use the questions below to help you evaluate your automatic thoughts.

Do I know for certain that will happen or is true?	How much does it feel likeis true? What is a more realistic chance that	_is true?
What evidence do I have for this thought or belief?	Is my negative automatic thought driven by the intense emotions I'm experiencing?	
Could there be any other explanations?	Ifwas true, could I cope with it? How would I handle it?	
Even ifwas true, could I live with it?		

Situation/Trigger	Automatic Thought(s)	Is this a Thinking Trap? YES/NO	Other Interpretation(s) Often include "automatic thought may not be true" and "even if it is, I could cope."