**How to Break Out of a Mental Rut (adapted from Dr. Aaron Beck):**

Step 1 – Describe your situation or challenge you are facing:

Step 2 – Write out what you are telling yourself about it (thoughts, feelings, etc.):

Step 3 – Rate how strongly you experience these thoughts or feelings:

0 1 2 3 4 5 6 7 8 9 10

Not at all Very Strongly

Step 4 – Say why you believe these thoughts or feelings are valid or true:

Step 5 – Say why these thoughts or feelings might not be valid or completely true:

Step 6 – What might happen if you continue thinking this way about your challenge?

Step 7 – What might happen if you changed your thoughts or views about it?

Step 8 – What would you tell a friend who was facing a similar challenge?

Step 9 – Rate how strongly you now experience these thoughts or feelings:

0 1 2 3 4 5 6 7 8 9 10

Not at all Very Strongly

Step 10 – What should I do now?