





# The Healing Collective

## HOW TO RECOGNIZE DISTORTIONS IN YOUR THINKING

<u>Thoughts</u> What went through my mind? What thoughts did I have?	<u>Distortions</u> Identify the distortion for each thought

### Reviewing the EVIDENCE for Negative Thought(s)

Write down the identified thought(s):

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.....

Rate your degree of belief:

\_\_\_\_\_



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## HOW TO RECOGNIZE DISTORTIONS IN YOUR THINKING

List the evidence for and against your thought(s) in the boxes:

Evidence Against	Evidence for

Now rate your degree of belief (s): \_\_\_\_\_

Restate your original thoughts(s):

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## HOW TO RECOGNIZE DISTORTIONS IN YOUR THINKING

### Generating Alternative Ways of Looking at Things

Write down the identified thought/interpretation:

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.....

Rate your degree of belief:

\_\_\_\_\_

List all other possible viewpoints or explanations. What is the evidence for each?

What are Other Explanations?	What is the Evidence?

Is more information needed to decide which of the above is more likely or logical?

Yes: \_\_\_\_\_

No: \_\_\_\_\_

If so, how could this be obtained? Action Plan:

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