**Behavior:**

**Feeling:**

**Cloudy Thought:**

**Clearer Thought:**

* What would I tell a friend in the same situation?
* Does this thought make it easier for me to reach my goals? Harder?
* What are the pros and cons of having this thought?
* How does this thought make me feel? Is there another thought that could also be true, and helps me get closer to my goals?
* What are my clues that the thought is true? Can I find clues that it might not be so true?
* How can I argue against the thought?
* Is this true for everyone in my situation?
* Are there other ways to look at this situation?

**Behavior:**

**Feeling:**

**Emotion:**

**Behavior:**

 ****

 **T**

**F**

**B**

 **T**

**F**

**B**

**Thinking Clearly**

|  |
| --- |
| Situation:  |
| Thought: |

1. 3

Check that cloudy thought with a few of these questions: