

Stories and Mental Shortcuts Tool

Situation	Feeling/Emotion	Negative Automatic Thought	Evidence FOR Negative Thought	Evidence AGAINST Negative Thought	Alternative, Thought	New Feeling/ Emotion
Where were you? What happened?	What emotion do you notice?	What negative thoughts or images went through your mind?	What evidence is there that supports the negative thought?	What evidence is there that doesn't support the negative thought?	Comparing the evidence, what is a different, more balanced thought?	What do you notice in your thoughts, emotions and body when you consider the more balanced thought?

*Make copies as needed to become aware of, evaluate and reframe stories and mental shortcuts that do not serve or empower you.