The Helpful Thinking Process

Step 1

'What is my
automatic thought?'

Write it down.

What is the feeling?

How strong is it out of 10?

Step 2   **Am I making any thinking errors?**

Fortune telling   Overgeneralising

Black and white thinking   Shoulds

Mind reading   Catastrophising

Discounting the positive

Step 3

'What are three
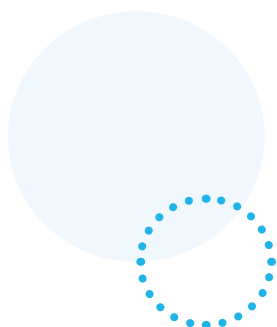other perspectives,
possible outcomes,
or explanations?'

Write them down.

Step 4

'What has happened in
the past in this situation,
and what is most likely
to happen now?'

Write it down.

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Step 5

'What would my thinking brain say, compared to my emotional brain?'

'What are the facts?'
Write it down.

Step 6

'How would I advise a friend in this situation?'

Write it down.

Step 7

Given what I've written above, how could I rewrite my original thought (from Step 1), to make it more:

- Balanced
- Realistic
- Helpful

What is the feeling?

How strong is it out of 10?

My helpful course of action is:

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