EXERCISE: EXAMINING YOUR THINKING

You might choose to spend time observing in a non-judgmental way some of your automatic thoughts that occur and how often you think them. Of course, you will not be able to catch all of them, but this exercise will assist you in becoming more aware of the thoughts influencing you.

INSTRUCTIONS

1. Please jot down your most common or automatic thoughts on the lines below.
2. Make a check mark each time you engage in one of these thoughts.
3. Identify whether this thought is one of the ten cognitive distortions listed above.

Automatic Thought:	How Often I Thought It:	Type of Cognitive Distortion: