## CRT CHAT

	CDI CHAI		790
Date:			
Client name: _			
Staff name: _			
	SITUATION		
	What happened? What was my trigg	ger?	
£ . =			
		1, 100	
		Son Son Way	- Vones
		EXHAUSTED CONFUSED ECSTATIC	GUILTY SUSFICIOUS
		ANGRY HYSTERICAL FRUSTRATED	SAD CONFIDENT
		EMBARRASSED HAPPY MISCHIEVOUS	DISGUSTED FRIGHTENED
	(	Tale THE	
		ENRAGED ASHAMED CAUTIOUS	SMUG DEPKESSED
		The first the	
		OVERWHELMED HOPEFUL LONELY L	OVESTRUCK JEALOUS
		France War July	Will Fin
	FRACTIONS		
	EMOTIONS	BORED SURPRISED ANXIOUS	SHOCKED SHY
	What am I feeling?	2	]



Check and change my thought

Problem solving / take action

Use my coping skills

All-or-nothing	• You view a situation in only two categories instead of on
thinking	a continuum.
Catastrophizing	You predict the future negatively without considering other, more likely outcomes.
Disqualifying the positive	<ul> <li>You unreasonably tell yourself that positive experiences, deeds, or qualities do not count.</li> </ul>
Emotional reasoning	• You think something must be true because you "feel" it so strongly, ignoring evidence to the contrary.
Labeling ${iggl\{}$	• You put a fixed, global label on yourself or others without considering that the evidence does not support such an externe negative conclusion.
Magnification/ minimization	• When you evaluate yourself, another person, or a situation, you unreasonably magnify the negative and/or minimize the positive.
Mental Filter	<ul> <li>You pay a lot of attention to one negative detail instead of seeing the whole picture.</li> </ul>
Mind Reading	• You believe you know what others are thinking.
Overgeneralization	<ul> <li>You make a sweeping negative conclusion that goes far beyond the current situation.</li> </ul>
Personalization	<ul> <li>You believe others are behaving negatively because of you and you don't consider other possible explanations.</li> </ul>
"Should" and "must" statments	<ul> <li>You have a fixed idea of how you or others should behave and you overestimate how bad it is that these expectations are not met.</li> </ul>
Tunnel vision	<ul> <li>You only see the negative aspects of a situation.</li> </ul>

J. Beck, 2011. Adapted from Cognitive Therapy: Basics and Beyond, Second Edition and used with permission.