

CBT CHAT

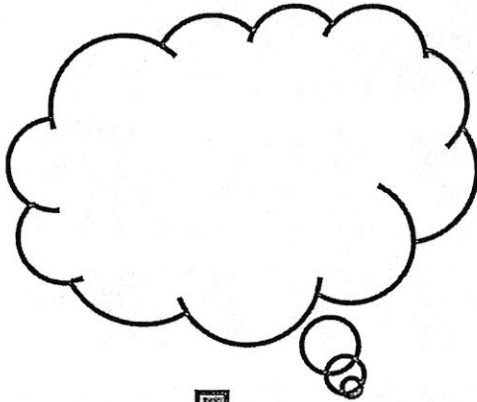
Date: _____

Client name: _____

Staff name: _____

SITUATION

What happened? What was my trigger?



EMOTIONS



What am I feeling?



What should I do now?

Check and change my thought

Problem solving / take action

Use my coping skills

All-or-nothing thinking	• You view a situation in only two categories instead of on a continuum.
Catastrophizing	• You predict the future negatively without considering other, more likely outcomes.
Disqualifying the positive	• You unreasonably tell yourself that positive experiences, deeds, or qualities do not count.
Emotional reasoning	• You think something must be true because you "feel" it so strongly, ignoring evidence to the contrary.
Labeling	• You put a fixed, global label on yourself or others without considering that the evidence does not support such an extreme 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	• You pay a lot of attention to one negative detail instead of seeing the whole picture.
Mind Reading	• You believe you know what others are thinking.
Overgeneralization	• You make a sweeping negative conclusion that goes far beyond the current situation.
Personalization	• You believe others are behaving negatively because of you and you don't consider other possible explanations.
"Should" and "must" statements	• 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.
Tunnel vision	• You only see the negative aspects of a situation.