

Practice: Shift Your Thinking

Use these three steps to see if your mind is telling you something that isn't true.

1 Realize: First, see what your mind is telling you.

What happened: _____ _____	→	Thought: _____ _____
---	---	-----------------------------------

2 Research: Next, take a closer look to see if it's true.

What says it is true?	What says it might not be true?
_____	_____
_____	_____
_____	_____

3 Revise: Finally, is there a more helpful way of seeing things?

You can find a blank copy of this form at sethgillihan.com/books/CBT-parents.