

Change feelings by changing thoughts

Step 1: A negative thought you've had (not trauma-related)

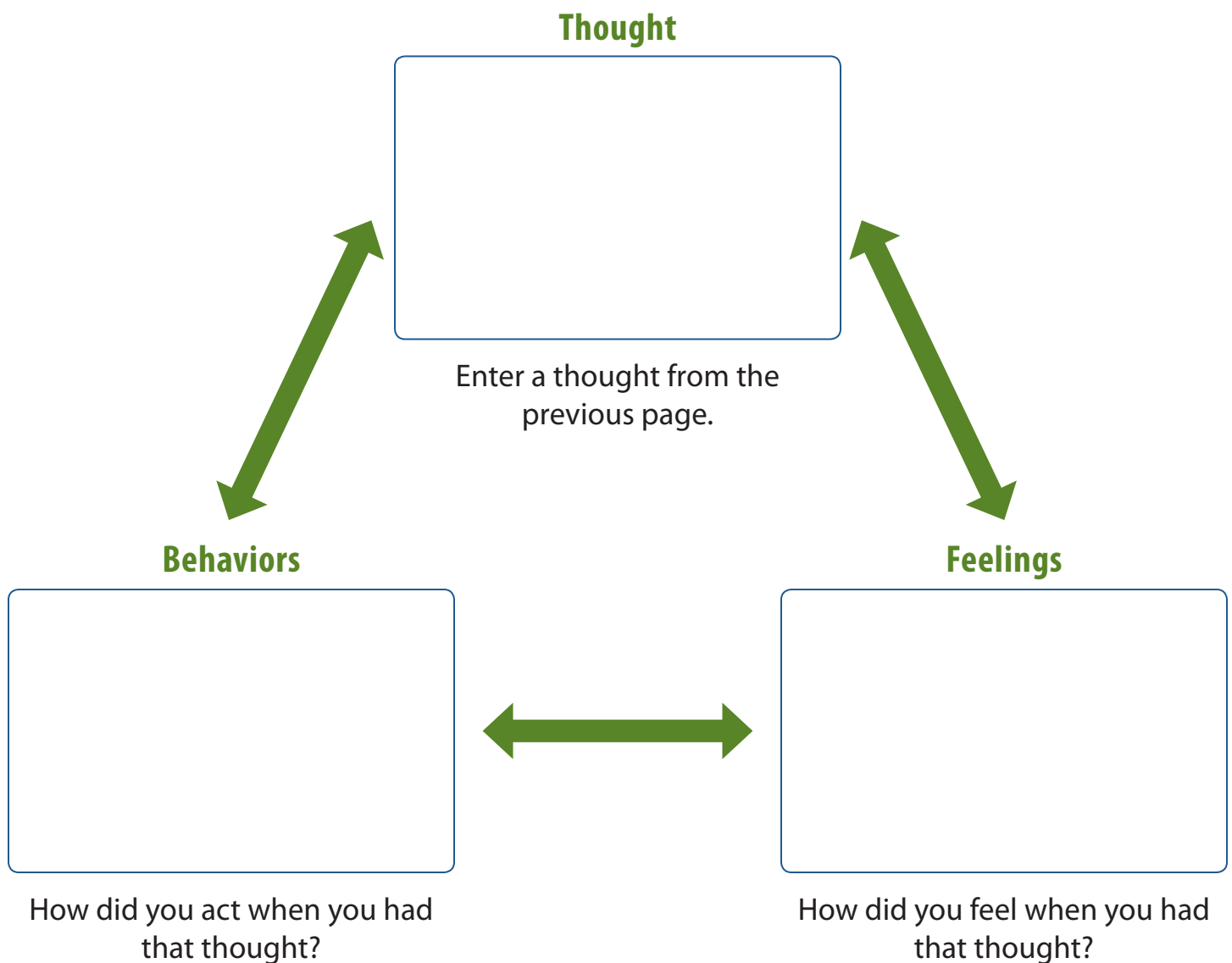
First we'll practice with a situation that was not related to your trauma. Think of a situation from the past week or two that caused you to feel fear, anxiety, sadness, guilt or anger. Write a short description of this situation in the spaces below. Then, write in some thoughts related to this situation that you had at the time.

1. Situation that caused you to have negative thoughts:

2. Your thoughts:

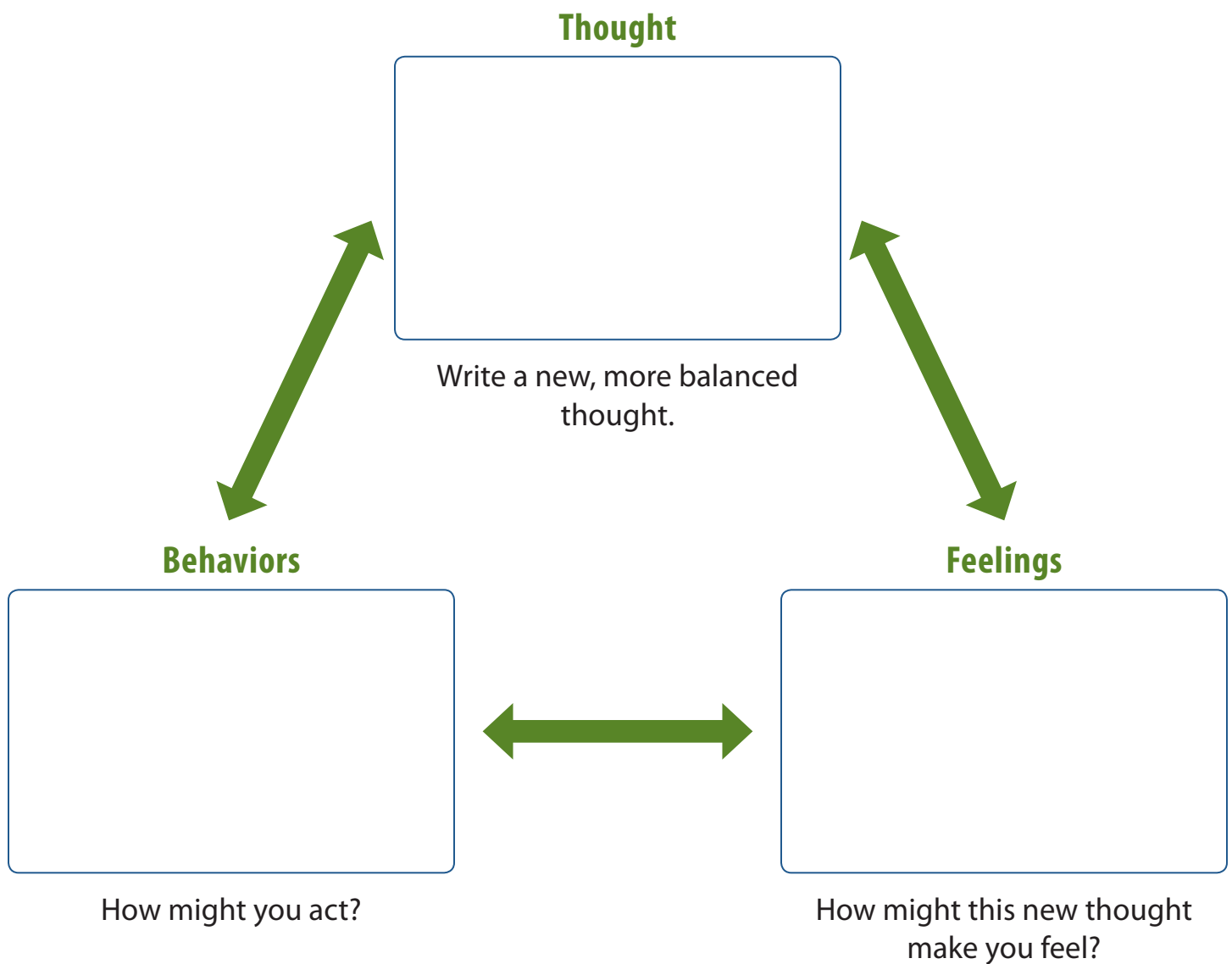
Step 2: How a negative thought made you feel

Write one of the thoughts from the previous page into the "Thought" box below. Then enter the feelings and behaviors this thought might lead to:



Step 3: Replacing your negative thought

Now, is there any other way to think about the situation that isn't quite so negative? Try to look at the situation in a different way. Write a new, more balanced thought in the box below. Then write the feelings and behaviors this new thought might lead to. Usually, a more balanced, positive thought leads to better feelings and better actions.



Step 4: A trauma-related negative thought you've had

Next, we'll consider another example more closely related to your trauma. Often, these thoughts are related to safety, trust, blame, relationships, and the future. If there is a specific situation that causes you to have a negative thought related to your trauma, write a description of the situation. If not, skip the first step. Next write in some thoughts related to your trauma in the space provided.

1. Situation that triggers this thought:

2. Thoughts related to your trauma:

Step 5: How the trauma-related thought made you feel

Write how this thought usually makes you feel and how it makes you want to act. Enter one of the thoughts from the previous page into the “Thought” box below. Then enter the feelings and behaviors this thought might lead to:

Thought

Enter a thought from the previous page.

Behaviors

How did you act when you had that thought?

Feelings

How did you feel when you had that thought?

Step 6: Replacing your trauma-related thought

Now, is there any other way to think about the situation that isn't quite so negative? Try to look at the situation in a different way. Write a new, more balanced thought. Then write the feelings and behaviors this new thought might lead to. Usually, a more balanced, positive thought leads to better feelings and better actions.

