

Event:

Emotions	%b	%a	Emotions	%b	%a
Sad, blue, depressed, down, unhappy			Embarrassed, foolish, humiliated, self-conscious		
Anxious, worried, panicky, nervous, frightened			Hopeless, discouraged, pessimistic, despairing		
Guilty, remorseful, bad, ashamed			Frustrated, stuck, thwarted, defeated		
Interior, worthless, inadequate, defective, incompetent			Angry, mad, resentful, annoyed, irritated, upset, furious		
Lonely, unloved, unwanted, rejected, alone, abandoned			Other		

Unbalanced thought	%before	%after	Distortions	Balanced thought	%belief

Checklist of cognitive distortions							
AN	All-or-Nothing Thinking	DP	Discounting the Positive	MAG	Magnification/Minimization	LAB	Labeling
OG	Overgeneralization	MR	Mind Reading	ER	Emotional Reasoning	SB	Self-Blame
MF	Mental Filter	FT	Fortune-Telling	SS	Should Statements	OB	Other-Blame

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