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Looking at things in a better light...

Cognitive Restructuring Worksheet

When you are feeling illogical (conterfactual) thoughts fill out this worksheet.

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Situation	
Moods	
Automatic Thoughts & Images	
Evidence that Supports Hot Thoughts	
Evidence that Does Not Support Hot Thoughts	
Alternative / Balanced Thoughts	

Mood Now, Actions & Positive Thoughts

Based on: Mind Tools Corporation <http://www.mindtools.com>

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