



EVIDENCE THAT DOES NOT SUPPORT YOUR THINKING



What experiences indicate that this way of thinking is not completely true all of the time?

If my best friend had this reaction to hearing the same information, what would I tell them?



REFRAME YOUR THINKING



Looking at all the evidence you've compiled for and against your reaction to hearing the distressing information, can you reframe the thoughts you had?

Can you take yourself out of the narrative?

HOW DO YOU FEEL ABOUT THE SITUATION NOW USING THE SAME EMOTIONS?

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