**SECTIONS 4: DEALING WITH YOUR DEPRESSIVE THOUGHTS**

**Monitoring and correcting errors in thinking**

**Instructions:** Set aside every evening time to identify your cognitive errors by recording your thoughts and feelings in different situations that generate negative emotions.

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| **Situation** | Name the **feelings** experienced  Rate how strong  the feelings were  (Rate between 0 -100%) | Write the **thoughts** just before you felt this way and how much did you believe in them (0-100%) | Identify the **Cognitive errors** that you may be using  *Note: There could be more*  *than one error\*\**  *(see footnote )* | Attempt to write down another way of looking at this situation **(alternative thoughts)** |
| **One Example for you:**  They continuously  argued against my view | Disrespected  Anxious  90% | They think that we are totally flawed in our logic. I am not respected. | Magnification  Personalization | They had difficulty in understanding the logic. They were presenting their own logic and I need not take it personally. |
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| **Situation** | Name the **feelings** experienced  Rate how strong  the feelings were  (Rate between 0 -100%) | Write the **thoughts** just before you felt this way and how much did you believe in them (0-100%) | Identify the **Cognitive errors** that you may be using  *Note: There could be more*  *than one error* | Attempt to write down another way of looking at this situation **(alternative thoughts)** |
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\*\*Names of cognitive errors for your convenience: All or none thinking/ over-generalisation/ selective abstraction/ disqualifying positives/ jumping to conclusion/ mind reading/ fortune telling/ magnification or minimisation/ emotional reasoning/should statement/ labelling/personalization