	(Name:				Date:		\supset	
egative th	nought							
evel of dis	tress							
1)	2 3	4	(5)	6	7	8	9	(10)
istortion								
ow this ne	egative thoug believe in it?	ht is harn	nful to yo	ou and v	what ca	n be the	outcon	nes if you
ontinue to	believe in it?							
/hat make	s you think th	is way? Is	there a	ny evide	ence this	negativ	e thoug	ht is true