Fight Your Thoughts
Distortion Log

Negative Thought Use as much space as needed, don't edit it, write it down exactly as it sounds in your head	**Distorted Because** Not specific enough, predicting the future, too harsh a view of self or others	**Resulting Emotion** Hopeless, Worthless, Excessive Guilt, Excessive Anxiety	**Fight It!** Reword it to a more realistic, fact-based, and specific thought that you can problem-solve