

Fight Your Thoughts Distortion Log

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