1. Identify emotion: ________________________________

2. Description of the precipitating situation:
   a) Record in detail what happened.

   ____________________________________________________________

   b) Record your self-critical thoughts during the situation.

   ____________________________________________________________

3. Identify what cognitive distortions from your self-statements are negatively impacting your self-esteem.

   ____________________________________________________________

4. Undoing the distortion: Name in line I the distortion; in line II, record the statement you used which includes the distortion; in line III, provide an alternative sentence without the distorted statement.

   ____________________________________________________________

   I. Distortion: ____________________________________________

   II. Self-statement with distortion: ____________________________

   III. Self-statement without distortion: _______________________

   ____________________________________________________________

   I. Distortion: ____________________________________________

   II. Self-statement with distortion: ____________________________

   III. Self-statement without distortion: _______________________

   ____________________________________________________________