DISARMING DISTORTIONS

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: _________________________________
   _________________________________________________________________
   _________________________________________________________________
   _________________________________________________________________