


Resolve unhelpful thoughts

My thoughts were...



My thoughts will be...

Thoughts about me			Thoughts about the situation		
What have I done well before that would help me now?	What would help me the most right now?	What would be the most helpful thing for me to focus on?	What can I learn from this situation?	How can I make this work for me right now?	What is the best and most realistic outcome I can imagine?
PAST	PRESENT	FUTURE	PAST	PRESENT	FUTURE