## COGNITIVE RESTRUCTURING

How to use it?

Start by putting your stressful situation in (A) – observe how it makes you feel and behave (C) – explore your internal dialogue (B) – Investigate your internal dialogue and adapt it to (D). (E) will follow automatically...

OR: Start by noticing the consequence (C) – ask yourself what triggered it (A) – explore your internal dialogue (B) - and continue as above...

A: Situation that triggered the negative thoughts	! Be careful! Neutral observation (like a camera)
B: Internal dialogue	D: Alternative internal dialogue
C: Consequence:  • Unwanted feelings	E: Alternative consequence : • Wanted feelings
• Unwanted behaviour	• Wanted behaviour
(stress/10)	(stress/10)