

## Reality Worksheet

Pick a common event that gives you negative emotions and work with it here.

<b>Event</b> (what happened)	<b>Thoughts</b> (what you told yourself)	<b>Emotions</b> (how you felt about it)

Pick one of the negative thoughts you listed above.

<b>Ways this thought is helpful</b>	<b>Ways this thought is unhelpful</b>

Imagine that a friend or colleague shared this information with you, about themselves; what would you tell them?

<b>Reframe your thought here, so that it helps you decide what you need to do</b>