



## The Helpful Thinking Process

Step 1. 'What is my automatic thought?'	Write it down:	What is the feeling?
		How strong is it out of 10?
Step 2. 'What are three other possible outcomes or explanations?'	Write them down:	
Step 3. 'What has happened in the past in this situation, and what is most likely to happen now?'	Write it down:	

<p>Step 4. ‘What would my thinking brain say, compared to my emotional brain?’</p>	<p>Write it down:</p>	
<p>Step 5. ‘How would I advise a friend in this situation?’</p>	<p>Write it down:</p>	
<p>Step 6. ‘Given what I’ve written above, how could I re-write my original thought (from Step 1), to make it more: ✓ Balanced ✓ Realistic ✓ Helpful?’</p>	<p>Write your more balanced, realistic, and helpful thought here:</p>	<p>What is your feeling now?</p> <hr/> <p>How strong is your feeling now, out of 10?</p>
<p>My helpful course of action is:</p>		