



## HOW TO IDENTIFY & CORRECT THINKING ERRORS

If you catch yourself with an elevated pulse, or a constricted chest, it's likely you are having a negative thought, and I can almost guarantee that negative thought has an error in it. For that reason, it's critical that you do a forensic analysis of your thinking to identify and weed out your negative thoughts, and then balance the thought with a more realistic and positive statement to counteract it.

The way you do that is as follows:

1. Identify the situation you're in:  
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\_\_\_\_\_
2. Identify your mood:  
\_\_\_\_\_  
\_\_\_\_\_
3. Identify the intensity of your mood on a scale of 1-10 with 10 being the most intense your mood has ever been:  
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\_\_\_\_\_
4. Identify your negative thought:  
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\_\_\_\_\_
5. Identify the error type:  
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\_\_\_\_\_
6. Balance the negative thought:  
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\_\_\_\_\_

