

## Thought Monitoring Form

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| <b>Situation</b>  |  |
| <b>Feelings</b>   |  |
| <b>Thoughts</b>   |  |
| <b>Beliefs</b>  |  |
| <b>Thinking Errors</b>                                      | <ul style="list-style-type: none"><li>- Shoulds/never</li><li>- Awfulising</li><li>- Black and White Thinking</li><li>- Overgeneralising</li><li>- Personalising</li><li>- Filtering</li><li>- Just world Fallacy</li><li>- Jumping to negative conclusions</li><li>- Mind reading</li><li>- Blaming</li><li>- Labelling</li><li>- Predicting catastrophe</li><li>- Comparing</li><li>- Hindsight vision</li></ul> |
| <b>Dispute</b><br><br><b>Alternative more balanced view</b> |  |
| <b>Positive Actions</b>                                     |  |