

# 3-COLUMN TECHNIQUE

**Step One:** Describe the Upsetting Event \_\_\_\_\_

**Step Two:** *Record your negative feelings* – rate them from 0% (the least) to 100% (the most).  
Use words like sad, anxious, angry, guilty, lonely, frustrated, etc....

## Step 3: The Triple Column Technique

<b><u>Negative Thoughts</u></b> Write down the thoughts that make you upset.	<b><u>Distortions</u></b> Identify any cognitive distortions in the thoughts you write down	<b><u>Rephrase</u></b> Say what you want to say but without the distortion