

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

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