

Accurate Thinking Exercise

Three-Column Approach

Directions: Write the negative thoughts from each scenario in the first column. Identify the Thinking Errors and write them in the second column. Write accurate thoughts in the third column to replace the negative thoughts.

1. You've been trying to diet. This weekend you've been nervous, and, since you didn't have anything to do, you've been nibbling. After your fourth piece of candy, you tell yourself, "1. I just can't control myself. 2. My dieting and jogging all week have gone down the drain. 3. I must look like a balloon. 4. I shouldn't have eaten that. 5. I can't stand this. I'm going to pig out all weekend!" You begin to feel so guilty you push another handful of candy into your mouth in an aborted effort to feel better. (Refer to page 1 problem 4 of the Thinking Error Exercise worksheet)

Negative Thoughts	Thinking Errors	Accurate Thoughts
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

2. A close friend has just passed away and you're taking it hard. You feel sad and angry because you think, "1. I will never get to see them again. 2. They always gave me the best advice and now I won't receive it anymore. 3. Why did God allow this to happen?" (Refer to page 1 problem 5 of the Thinking Error Exercise worksheet)

Negative Thoughts	Thinking Errors	Accurate Thoughts
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

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3. You receive a layoff notice from your employer. You feel mad and frustrated. You think, "1. This proves the world is no good. 2. I never get a break. 3. Why does God continue to punish me?" (Refer to page 2 problem 2 of the Thinking Error Exercise worksheet)

Negative Thoughts	Thinking Errors	Accurate Thoughts
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

4. You and your friends are going to grab a bite to eat. The three of you are trying to figure out who should drive. You say "I'll drive" and your friend says that he'll drive. This makes you mad because you think, "1. He must think I'm a bad driver. 2. If I drive then I can leave when I want to." (Refer to page 2 problem 4 of the Thinking Error Exercise worksheet)

Negative Thoughts	Thinking Errors	Accurate Thoughts
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
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