Find a fuller perspective

CBT practice

Use this once for an everyday self-critical conclusion your counselor has helped you choose. A fuller view can include a real problem and a workable next step. It does not need to feel positive.

Example: "I missed a deadline, so I always fail" becomes "I missed this deadline. I can explain the delay and plan the next step."

1. The situation and my first conclusion

Keep this to one specific moment rather than my whole life.

2. What I already know that supports part of it

Use information already available. No new searching or checking is needed.

3. What the conclusion leaves out

Other facts, circumstances, limits, or a less sweeping description.

Find a fuller perspective

4. A fuller statement I can use for now

Make it realistic and fair. Uncertainty can remain.

5. A useful next action

What can I do, request, or address, even if my feeling does not change?

6. What to discuss with my counselor

Did one pass help me act, or pull me into more analysis?

OCD caution: Do not use this to prove intrusive fears false or get certainty. Repeated thought review can become a compulsion. Use your counselor-guided ERP plan instead when OCD is the target.

Educational practice, not a complete treatment plan