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| **Negative thoughts & how these make you feel (see above for suggestions)** | **Advantages and Core Values**—Ask yourself:  1. What are some advantages, or benefits, of this negative thought or feeling?  2. What does this negative thought or feeling show about me and my core values that is beautiful, positive and helpful? | **Thought distortions (see below for a reminder)** | **Alternative balanced thought – factual – no thinking errors & you must believe it 100%** |
| **Situation:**  **Thoughts:**  **Feelings:**  **Would you press a magic button to get rid of your thoughts and feelings? Yes / No** |  |  |  |
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