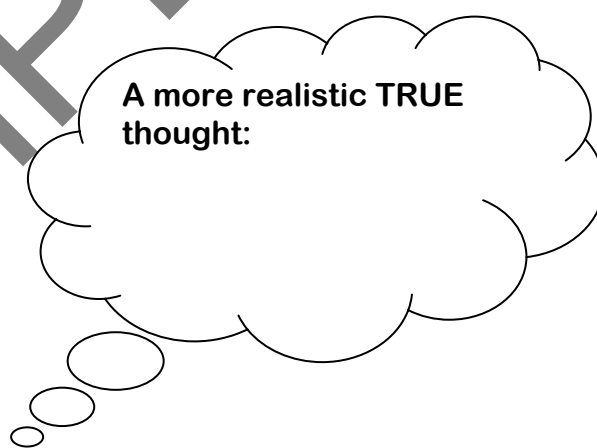
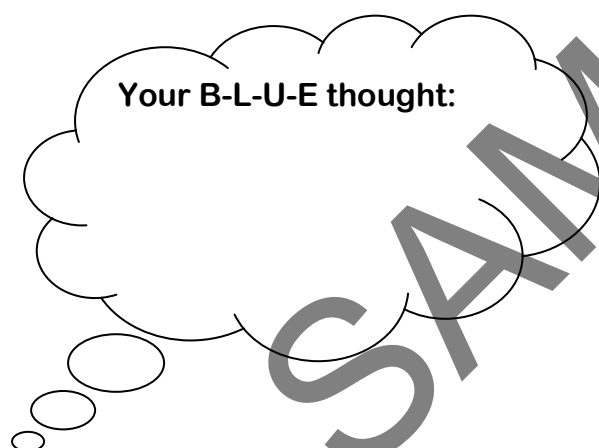


Double Bubbles on My Own

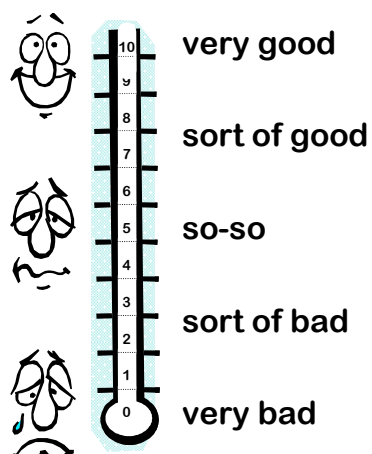
Think of a situation from your own life when you had a **B-L-U-E** thought. Examine the evidence to see if the thought is realistic. Try to come up with a more realistic **TRUE** thought, and see whether it changes your feelings thermometer! Remember to ask yourself the following questions:

- What's the evidence?
- Is there another way to look at the situation?
- What would you tell a friend who had this thought?
- What if it is true—would that really be so bad?

What was the situation? _____



This thought made me feel ...



This thought made me feel ...

