

# Thinking It Through

**Date happened:** \_\_\_\_\_

**Date written:** \_\_\_\_\_

**Situation:**

**Thinking:** (Immediately before, during and right after the situation)

**Before:**

**During:**

**After:**

**Consequences:** (Of thoughts, feelings and behaviors to others and myself)

**Assumptions:** (What unreasonable assumption may I have made during the situation)

**Thinking Errors:** (Short description of how I used each) (At Least 3)

**Tactics to Avoid Change:** (Short Description of how I used each) (At Least 2)

**Correctives:** (What can I do so I will not use these thinking errors?) (At Least 3)

**Consequences due to correctives:** (If I used these correctives that I wrote, what will happen?)

**History:** (Previous Situations relating to this incident, include date and very short summary)