

# COGNITIVE INTERVENTION THINKING REPORT

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Activating Event: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

| Thoughts: | Feelings | Errors |
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| Patterns: | Underlying Attitude(s)/Belief(s) |
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Alternative Belief(s)/Attitude(s): \_\_\_\_\_  
\_\_\_\_\_

## THINKING REPORT

Write a brief, objective description of the situation.

List all the thoughts I can remember.

List all the feelings I can remember.

State the underlying attitudes and beliefs that I had in this situation.

Does this meet my needs over time?