



Notice, evaluate, and respond

Use this when a thought knocks you off balance. There are no wrong answers.

Name _____

Date _____

1 The situation What happened? Where were you, and who was there?

2 Catch the thought What went through your mind? How much do you believe it (0–100%)? ____

3 Notice the feeling Name each emotion and rate it (0–100).

4 Spot a trap, if there is one Check any that fit (see the Thinking Traps worksheet), or “none.”

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|--|---|---|
| ☐ All-or-nothing | ☐ Mental filter | ☐ Jumping to conclusions |
| ☐ Emotional reasoning | ☐ Labeling | ☐ “Should” statements |
| ☐ Overgeneralizing | ☐ Discounting the positive | ☐ Catastrophizing / minimizing |
| ☐ Personalization / blame | ☐ None of these fit | ☐ Not sure |

Sometimes a concern is realistic. That’s worth knowing, and step 6 can help you decide what to do about it.

5 Check it Look at the facts as if you were a fair-minded friend.

EVIDENCE THAT SUPPORTS THE THOUGHT

EVIDENCE THAT DOESN'T FIT

6 Respond to it A fair, balanced view — not just a positive one.

If the concern is realistic: what would help? A practical step, support from someone, an accommodation, or a boundary?

7 Check in again

How strong is the feeling now? (0–100) _____ One small next step: _____

It’s okay if the rating hasn’t dropped much. Success means seeing the situation more clearly and choosing a helpful next step, not making the feeling disappear.