

The Thought Map Distortion Trap Tool

EVENT/SITUATION	FEELS	THOUGHTS	FACTS	TRAPS	PIVOT	NEW FEELS
What happened? Where? When? Who with? How?	What emotion did I feel at that time? What else? How intense was it? What did I notice in my body? Where did I feel it?	What went through my mind? What disturbed me? What did those thoughts/images/memories mean to me, or say about me or the situation? What am I responding to? What 'button' is this pressing for me? What would be the worst thing about that, or that could happen?	What are the facts? What facts do I have that the unhelpful thought/s are totally true? What facts do I have that the unhelpful thought/s are NOT totally true? Is it possible that this is opinion, rather than fact? What have others said about this?	Which of the cognitive distortions are presently at work here?	How can I challenge this distortion? What is an useful alternative outlook?	What am I feeling now? (0-100%) What could I do differently? What would be more effective? Do what works! Act wisely. What will be most helpful for me or the situation? What will the consequences be?

ASSIGNMENT: The next time you are feeling upset, bothered, angry, sad, doubtful, or any bad emotional at all- you can use this exercise to track down the cognitive distortion trap that is giving you grief and causing you unhappiness. This tool works like a charm. You can download a blank one anytime you need on my website www.krystalpaige.com/TMDT. If you need help finding words to express your emotions use the emotions reference page provided on the next page.