

# The 3 C's

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<b>Situation:</b>	<b>Feelings: (rate 0-10)</b>	
<b>Catch the thought</b> "What I told myself"	<b>Check it</b> "Which distortion may be operating?"	<b>Change it</b> "What would be a more accurate thought?"
I am an idiot for not remembering to go to the bank	Over-generalizing Selective attention to negative	One mistake does not make me an idiot I had a busy day and got a lot accomplished