|  |
| --- |
| ***Situation****:*  |
| *Version* | *Thought* | *Feeling* | *Behavior* |
| **Original Interpretation** |  |  |  |
| **COGNITIVE REAPPRAISAL**Positive ReframingCognitive DistancingExamine the Evidence |
| **Reappraisal 1** |  |  |  |
| **Reappraisal 2** |  |  |  |
| **Reappraisal 3** |  |  |  |