|  |  |  |  |
| --- | --- | --- | --- |
| ***Situation****:* | | | |
| *Version* | *Thought* | *Feeling* | *Behavior* |
| **Original Interpretation** |  |  |  |
| **COGNITIVE REAPPRAISAL**  Positive Reframing  Cognitive Distancing  Examine the Evidence | | | |
| **Reappraisal 1** |  |  |  |
| **Reappraisal 2** |  |  |  |
| **Reappraisal 3** |  |  |  |