

## The 3 C's: Catch It, Check It, and Change It

Write down an unpleasant thought you have had (**CATCH** the thought)

**What was the situation?** (What happened?)

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**Catch It** (What thought did you have? Or, what did you tell yourself?)

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**Check It** (Check the thought - Is it healthy, helpful, and realistic?)

Is this thought healthy? (How does the thought make you feel? Use Feelings Cats and Feelings Wheel)

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Is this thought helpful? (How might the thought affect your choices? Is this thought helping you with your situation?)

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Is this thought realistic? (Is the thought completely true all of the time? **Or, it is a mistake in thinking?**)

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**Change it** (brainstorm alternative thoughts - something you can tell yourself instead. Do *not* judge the thoughts just brainstorm them)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Write down alternative thought #1:** \_\_\_\_\_

Is this thought...

Healthy? (How does it make you feel? ): \_\_\_\_\_

Helpful? (How might it affect your choices?): \_\_\_\_\_

Realistic? (Is it always true? Is it a mistake in thinking?): \_\_\_\_\_

**Write down alternative thought #2:** \_\_\_\_\_

Is this thought...

Healthy? (How does it make you feel? ) \_\_\_\_\_

Helpful? (How might it affect your choices? ) \_\_\_\_\_

Realistic? (Is it always true? Is it a mistake in thinking? ) \_\_\_\_\_

**Write down alternative thought #3:** \_\_\_\_\_

Is this thought...

Healthy? (How does it make you feel? ) \_\_\_\_\_

Helpful? (How might it affect your choices? ) \_\_\_\_\_

Realistic? (Is it always true? Is it a mistake in thinking? ) \_\_\_\_\_

**Pick the alternative thought that is most healthy, helpful, and realistic for you.**

If your alternative thought is healthy, helpful, and realistic, congrats! You successfully used the 3 C's strategy. If not I'd encourage you to try again. 3 C's is a skill that usually gets easier with time. :)