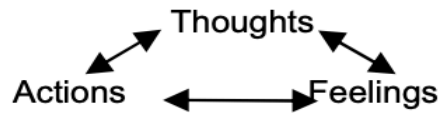


CBSST: THE 3C's TIP SHEET

The 3 C's



Catch It

What are you telling yourself when you are feeling bad?

Check It

Is this thought helpful or does it contain a mistake in thinking?

Change It

What would be a better, more helpful thought?

When you check a thought, ask yourself:

Where is the evidence?

What am I missing here?

What am I not considering?

Can I do anything about it today?

What **can** I do today?