

CBSST GROUP PRACTICE: USING THE 3C's THIS WEEK

Write down a situation you were in this week when you noticed things weren't going well.

Write down what you were telling yourself or thinking at that moment (Catch it). Is this thought helpful, healthy, *and* realistic? (Check it.)

Try one of the 6 ways listed in today's handout ("Increasing Positive or Helpful Thoughts That Help You Take Care of Yourself") to change your thinking. Which skills from that sheet might work for you?

What is your new helpful and/or balanced thought?

It your new thought healthy, helpful, and realistic? (Check it - How does this make you feel? How would it change how you handled the situation?)

