

Chart Your Feelings and Thoughts

Feelings are symptoms of something deep within. All feelings are based on internal thoughts. Something is being whispered to your soul. What is being whispered? Who is whispering it? You can choose to accept it or reject it. You do not have to be controlled by negative feelings and thoughts.

Negative feeling (feelings are real things)	Hidden Thought (see 10 distortions below)	Corrected Truthful Thoughts (refuse to lie to yourself)
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1. All or nothing	2. Overgeneralization	3. Mental Filter	4. Disqualifying positive	5. Mind Reading
6. Fortune Telling	7. Magnification	8. Labeling	9. Should Statements	10. Personalizing