

Example Negative Arrow

1. She's a horrible person.

↓ If that were true, what would it mean to you? Why would it be upsetting to you?

2. I'll have to spend an hour a week with someone I don't like.

↓ If that were true, what would it mean to you? Why would it be upsetting to you?

3. Life is too short to have to hang out with people I don't like.

↓ If that were true, what would it mean to you? Why would it be upsetting to you?

4. It's unfair that I have so many things to keep up with in this residency program. Everything should go smoothly.

↓ If that were true, what would it mean to you? Why would it be upsetting to you?

5. What the hell am I doing this for? I could be traveling around the world and doing things that I really enjoy.

↓ If that were true, what would it mean to you? Why would it be upsetting to you?

6. I have no control over my life or my schedule. It's overwhelming.

My Negative Thoughts

1. _____

↓ If that were true, what would it mean to you? Why would it be upsetting to you?
2. _____

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3. _____

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5. _____

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6. _____

