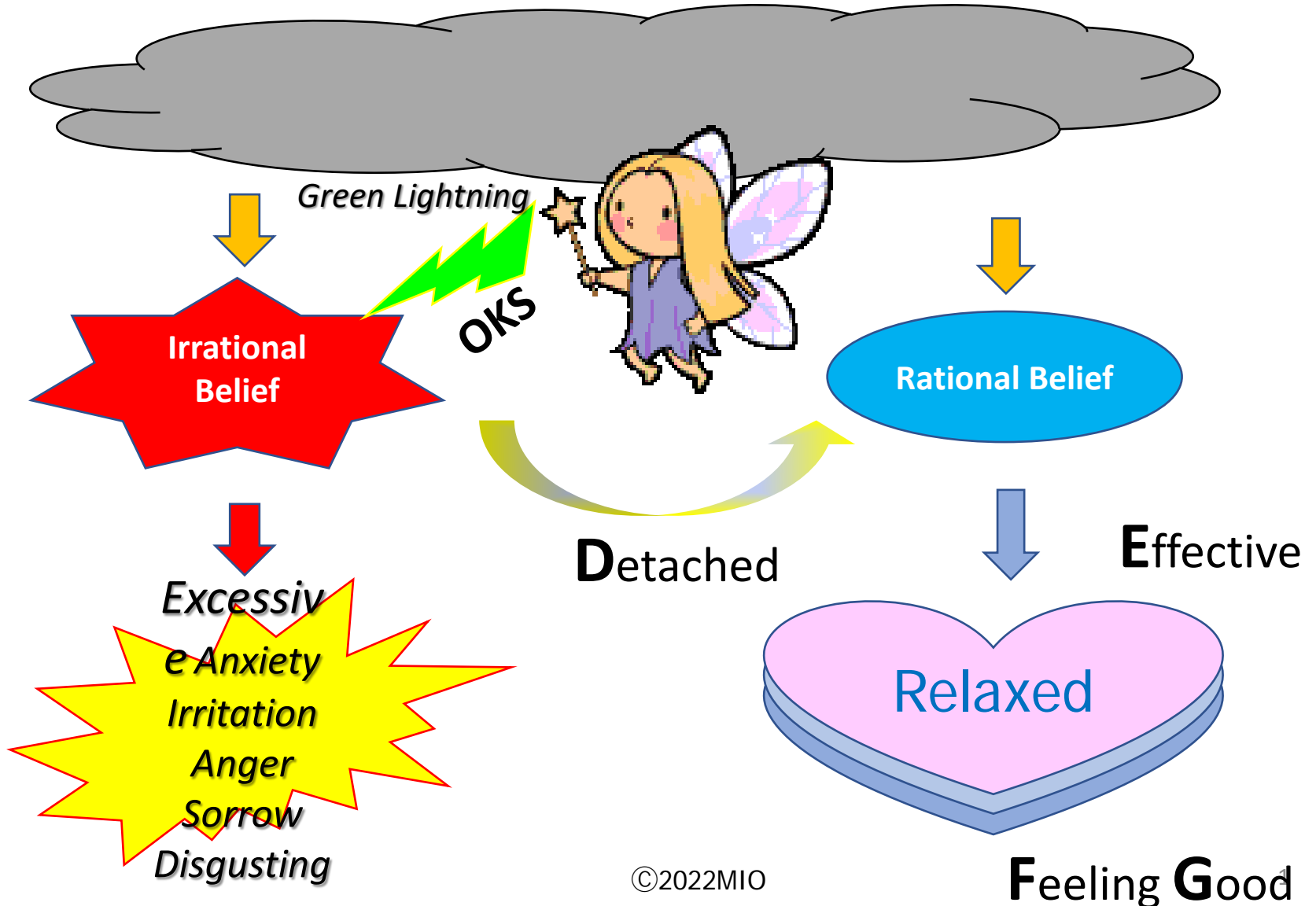


# Irrational Belief → Rational Belief

**Red Thought**

**Blue Thought**

Event  
Belief  
Consequence





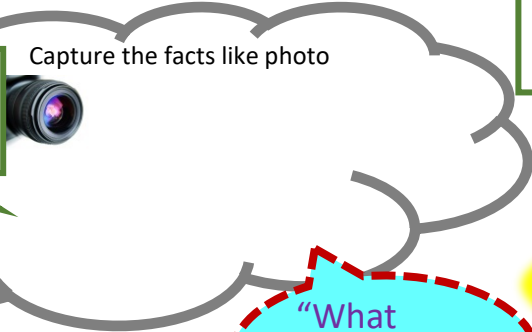
# ☆ OKS sheet Ver3.2e

Let's detach from yourself. Imagine that your best friend suffered from the same unpleasant trouble. What kind of advice do you give?

Write down the advices as many as possible in order to save your friend



Write down regarding the event what made you feeling distress.



"What happened then?"

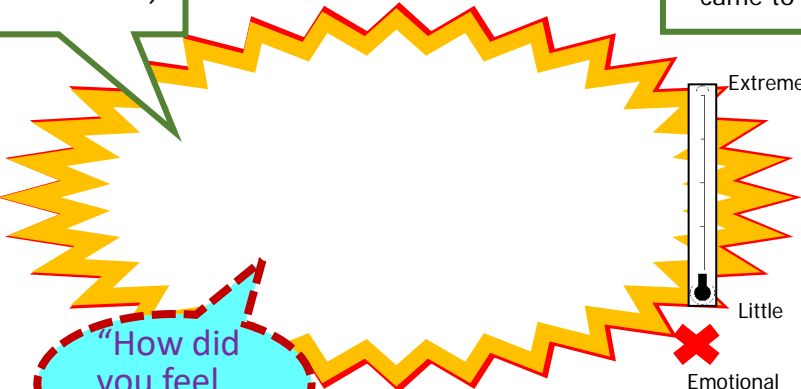
Write down "Red Thought". To whom did you think? (1. Self 2. Others 3. World)

"What did you think then?"

Then, get back to think of yourself. Why don't you tell yourself the advices to the friend's consultation mentioned above? Has the idea that caused your initial anxiety changed?

Write down here how you felt at that time.)

Let's write the new "Blue Thought" that came to mind here.



"How did you feel then?"

And continue to say the above "blue thought" to myself several times. How do the unpleasant feeling you had at the beginning got changed?

Write down the newly changed feeling here

