

3 C's Practice

Step 1—**CATCH IT**

- *When you notice a change in your mood or become upset, then ask yourself:*
- ***What am I thinking about right now?***

Step 2—**CHECK IT**

- *What is the evidence **for** the thought?*
- *What is the evidence **against** the thought?*
- ***Is it completely true?***

IF NO, THEN

Step 3—**CHANGE IT**

- ***What is a more truthful or more helpful thought?***