Thought Journal: Ask yourself, "Do I know this for a FACT, to be 100% TRUE?"

Situation	Feeling	Automatic Negative Thought	Shifted Thought	Improved Feeling
		ANTS!		

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Situation	Feeling	Automatic Negative Thought	Shifted Thought	Improved Feeling

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Thought Journal: Ask yourself, "Do I know this for a FACT, to be 100% TRUE?"