**Week Three: Challenging Your Thinking**

**Today’s Agenda:**

* Check-in
* Homework Review
* How Thinking Affects Us
* Cognitive Distortions
* How to Challenge Your Thoughts
* Practice Restructuring Thinking

**Today’s Packet includes:**

* Interpretations
* CBT Explanation
* Cognitive Distortions
* Challenging Negative Thinking
* Practice Restructuring Thinking
* Homework













**HOMEWORK**

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| --- | --- | --- | --- | --- |
| **Day** | **Pre-Stress Rating (0-10)** | **Skill Used** | **Post-Stress Rating (0-10)** | **How did it go?** |
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**We need to make small changes in our thinking and behavior EVERY DAY to more effectively manage stress.**