Upsetting Event: My husband's ex-girlfriend married into a rich family and just moved into a beautiful $600,000 house in Florida

Emotions	% Now	% Goal	% After	Emotions	% Now	% Goal	% After
Sad, blue, depressed, down, **unhappy**	100	40	30	Embarrassed, foolish, humiliated, self-conscious			
Anxious, worried, panicky, nervous, frightened				Hopeless, **discouraged**, pessimistic, **despairing**	90	30	20
Guilty, remorseful, bad, ashamed				**Frustrated**, stuck, thwarted, defeated	100	30	20
Inferior, worthless, inadequate, defective, incompetent	60	30	20	**Angry, mad, resentful, annoyed, irritated, upset, furious**	100	30	20
Lonely, unloved, unwanted, rejected, **alone**, abandoned	50	30	10	Other: **Jealous**	90	30	20

	Negative Thoughts	% Now	% After	Distortions	Positive Thoughts	% Belief
1.	She gets to live this happy life after how she's manipulated and treated people poorly for years.	100	50	All-or-Nothing, Overgeneralization, Mental Filter, Fortune Telling, Magnification, Should	Nobody is happy all the time, and sometimes the more you have, the more you stand to lose. In fact, the things that bring me the most joy in life hardly cost me anything!	100
2.	It's not fair I have to work so hard just to get by.	100	50	Emotional Reasoning, Should Statement, Other-Blame	I appreciate the things I've had to work for in life more than things that were just given to me.	100
3.	While I'm at work, she's probably sitting by her pool enjoying life.	100	20	Mental Filter, Fortune Telling, Magnification	Even if she is sitting out by her pool while you're at work, it doesn't mean she's enjoying it. Florida is super hot at times, & there's been times I went to the beach there & didn't enjoy it because the water was so hot. Also, most people work during the day so she could be all alone which wouldn't be that fun.	100
4.	She gets to enjoy a warm climate year-round, while I have to deal with the snow & the cold half the year.	100	30	Mental Filter, Should Statement	I actually do enjoy the change of seasons here. It wouldn't feel like Christmas if it were 80 degrees out. She might not be enjoying it & might be tired of it.	100
5.	She has a better life than me.	80	20	Mental Filter, Fortune Telling, Emotional Reasoning	There is no way to actually measure if she has a better life than me. I do know that I'm happy with where I'm at right now. I have a great marriage, 5 wonderful cats, & I've accomplished many of my life goals already. And most importantly, I'm really happy with the person I am.	100

Negative Thoughts	% Now	% After	Distortions	Positive Thoughts	% Belief
6. She's probably fooled everyone into thinking she's this great person.	90	20	Mental Filter, Mind Reading, Magnification & Minimization	Everyone has their flaws so it's unlikely that she hasn't shown her flaws at some point to others.	100

Checklist of Cognitive Distortions*	
1. All-or-Nothing Thinking. You view things in absolute, black-and-white categories.	**6. Magnification and Minimization.** You blow things out of proportion or shrink them.
2. Overgeneralization. You view a negative event as a never-ending pattern of defeat: "This **always** happens!"	**7. Emotional Reasoning.** You reason from your feelings: "I **feel** like an idiot, so I must really **be** one."
3. Mental Filter. You dwell on the negatives and ignore the positives.	**8. Should Statements.** You use shoulds, shouldn'ts, musts, oughts, and have tos.
4. Discounting the Positive. You insist that your positive qualities don't count.	**9. Labeling.** Instead of saying, "I made a mistake," you say, "I'm a jerk" or "I'm a loser."
5. Jumping to Conclusions. You jump to conclusions not warranted by the facts. • **Mind-Reading.** You assume that people are reacting negatively to you. • **Fortune-Telling.** You predict that things will turn out badly.	**10. Blame.** You find fault instead of solving the problem. • **Self-Blame.** You blame yourself for something you weren't entirely responsible for. • **Other-Blame.** You blame others and overlook ways you contributed to the problem.