ntensive, from	580 to 24					
0/ 0 - 6	1 300 to 2 1.					
% Before	Goal	% After	Emotions	% Before	Goal	% After
25%	159	0%	Embarassed, foolish, humiliated, self-concious	99%	15%	5%
100%	25%	10%	Hopeless, discouraged, pessimistic, despairing	85%	0%	0%
90%	5%	5%	Frustrated, stuck, thwarted, defeated	85%	15%	5%
85%	5%	5%	Angry, mad, resentful, annoyed, irritated, upset, furious	85%	10%	0%
25%		0	Destabalized	85%	10%	5%
% Before	%After	Distortions	Positive (Nurturing) Thoughts	%Belief		
95%			The bridge is sturdy. Engineers put a lot of attention and effort into making it safe. There's no evidence to support the bridge collapsing			
100%	09	6	Other people don't have any magical powers to make the bridge unstable. The bridge is designed to handle multiple vehicles and people. Others may have less fear, and can be safe and have fun on bridges - The bridge is also stable enough for me to be safe.	100%		
95%	29	6		100%		
95%	3%	á	My heart rate may be up even pounding, but that doens't mean I'm having a heart attack. I may be experiencing some anxiety but I'm healthy and strong and won't have a heart attack.	100%		
100%	3%	L, A/N, OG, MF, DP, MR, M/M, ER, SH, SB	Although I am really good at having people take care of me and drive me places, that doesn't make me dumb. I'm actually quite smart at working my way through my anxiety even if it is through safety behaviors.	100%		
100%	3%	6	I am being really mean to myself, I want to be kinder to myself.	100%		
100%	3%	A/N, OG, MF, DP, FT, M/M, ER, MR, SB	I am capable of driving anywhere. I may not want to but I also yearn to be more independent and not as controlled by this anxiety.	100%		
100%	0%	6	Completely untrueI've driven over many bridges and although my heart rate may be elevated it doesn't mean I'm having a heart attack	100%		
100%	5%	6	Others may see me at my worst But I know they love and accept me, and I love them. I think they will support me.	100%		
100%	5%		It's not always possible to know the route I'm going. Although that raises my anxiety, I'm working my way through these uncertainties through my exposure work	100%		
100%	5%	6	Although it is hard for me to acknowledge that an accident is possible, it is highly unlikely. I'm a careful driver and and exercise an abundance of caution. I am looking forward to freedom from this fear.	100%		
	90% 85% 25% % Before 95% 100% 95% 100% 100% 100%	90% 5% 85% 5% 25% (c) % Before %After 95% 0% 95% 2% 95% 3% 100% 3% 100% 3% 100% 5% 100% 5% 100% 5%	90% 5% 5% 5% 5% 85% 5% 5% 5% 5% 5% 5% 5% 5% 5% 5% 5% 5% 5	90% 5% 5% Frustrated, stuck, thwarted, defeated  85% 5% 5% 5% Frustrated, stuck, thwarted, defeated  85% 5% 5% 5% Angry, mad, resentful, annoyed, irritated, upset, furious  25% 0 0 Destabalized  8 Before %After Distortions Positive (Nurturing) Thoughts  The bridge is sturdy. Engineers put a lot of attention and effort into making it safe.There's no evidence to support the bridge collapsing  Other people don't have any magical powers to make the bridge unstable. The bridge is designed to handle multiple vehicles and people. Others may have less fear, and can be safe and have fun on bridges - The bridge is also stable enough for me to be safe.  95% 2% I might go slower than traffic but I won't stop.  My heart rate may be up even pounding, but that doens't mean I'm having a heart attack. I may be experiencing some anxiety but I'm healthy and strong and won't have a heart attack.  Although I am really good at having people take care of me and drive me places, that doesn't make me dumb. I'm actually quite smart at working my way through my anxiety even if it is through safety behaviors.  100% 3% I am being really mean to myself, I want to be kinder to myself. I am capable of driving anywhere. I may not want to but I also yearn to be more independent and not as controlled by this anxiety.  Completely untrueI've driven over many bridges and although my heart rate may be elevated it doesn't mean I'm having a heart attack  Others may see me at my worst But I know they love and accept me, and I love them. I think they will support me.  It's not always possible to know the route I'm going. Although that raises my anxiety, I'm working my way through these uncertainties through my exposure work  Although It is hard for me to acknowledge that an accident is possible, it is highly unlikely. I'm a careful driver and and exercise an abundance of caution. I am looking forward to freedom from	90% 5% 5% 5% Frustrated, stuck, thwarted, defeated 85% 85% 5% 5% 5% Angry, mad, resentful, annoyed, irritated, upset, furious 85% 25% 0 0 Destabalized 85% 5% Effore Mafter Distortions Positive (Nurturing) Thoughts The bridge is sturdy. Engineers put a lot of attention and effort into making it safe.There's no evidence to support the bridge collapsing 100% Other people don't have any magical powers to make the bridge unstable. The bridge is designed to handle multiple vehicles and people. Others may have less fear, and can be safe and have fun on bridges - The bridge is also stable enough for me to be safe. 100% 95% 2% I might go slower than traffic but I won't stop. 100% 100% 100% 100% 100% 100% 100% 100	90% 5% 5% 5% 5% Frustrated, stuck, thwarted, defeated 85% 15% 85% 5% 5% 5% 5% 5% 5% 5% 5% 5% 5% 5% 5% 5

	(	Checklist of Co	gnitive Distortion	ns	
1. All-or-nothing thinking. You view things in abosolul Categories	ute, black-and	l white	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 Rea	asoning. You reason with your feelings: "I feel like an idiot and I must really be	
3. Mental Filter. You dwell on the negatives and igno	re the positiv	es		nents. You use shoulds, shouldn'ts, musts, ought's, and have to's	
4. Discounting the postitve. You insist that your post				ead 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					
facts.  -Mind Reading. You assume that people are reacting negatively to you.  -Fortune-telling. You predict that things will turn out badly.			-Self-Blame. You	ind fault instead of solving the problem.  I blame yourself for something you weren't entirely responsible for.  You blame others and overlook ways you contributed to the problem.	