|  |  |  |
| --- | --- | --- |
| **Automatic Thought** | **Category of Thought Distortion** | **Alternative Thought** |
| That person didn’t say hello to me because I have done something wrong | Mind reading | Maybe they didn’t see me |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |