Write your responses

Recall the stress you have experienced over the past month,
and write your honest responses to the list of questions on the right

1. I have felt distressed by an unexpected event. ☐

2. I have felt like I've lost control of important things. ☐

3. I have felt anxious or under stress. ☐

4. I have been angry because of something that happened
   that was beyond the scope of my control. ☐

5. I have felt overwhelmed by difficult tasks that had accumulated. ☐

6. I have felt confident in my ability to handle personal problems. ☐

7. I have felt like things were going as I had planned. ☐

8. I have felt like I had everything under control. ☐

9. I have handled annoying and bothersome tasks successfully. ☐

10. I have effectively managed some major changes in my daily life. ☐

source : "Park Jun-ho, Seo Young-seok (2010), Korean Edition of Validation of the Perceived Stress Scale Targeting Undergraduates, Korean Journal of Psychology: General, 29(3), 611-629"

number 1~5

very often 4   fairly often 3   sometimes 2

almost never 1   never 0

number 6~10

very often 0   fairly often 1   sometimes 2

almost never 3   never 4

0-12 points	The level of stress you feel is within the normal range, and you are psychologically stable.
13-19points	You seem to be under moderate levels of stress, but it shouldn't be anything serious.
20-25points	You need active efforts to relieve stress, and if you think you need it for yourself in terms of prevention and growth, visit the Health Care Center and apply for expert counseling.
26points-	You seem to be under high levels of stress, which may be causing some difficulties in your daily life.

Let's write our responses

Think about a stressful situation and write down your thoughts,moods, and responses to that situation

Mood	
Actions	
Thoughts	

Pick a goal

Write down the change you want to see in yourself in terms of the stress, problematic behavior, or psychological problem you wish to overcome through this cognitive therapy program

_____

_____

_____

_____

_____

_____

_____

Practice distinguishing between thoughts, moods, and situations

For each question, write your thoughts, feelings, or situations.

1. Anxious	
2. At home	
3. I won't be able to carry this out	
4. Sad	
5. On the phone with a friend	
6. Annoyed	
7. Driving a car	
8. I will always think this way	
9. At work	
10. I'm losing my mind	
11. Angry	
12. I'm incompetent	
13. 4 in the afternoon	
14. Something terrible is going to happen	
15. Nothing is going as planned	
16. Disappointed	
17. I will never get over this	
18. Sitting inside a restaurant	
19. I've lost my self-control	
20. I'm a failure	

Practice distinguishing between thoughts, moods, and situations

For each question, write your thoughts, feelings, or situations.

21. On the phone with mom

22. She's not considerate

23. Depressed

24. I'm a loser

25. I feel guilty

26. At my son's home

27. It feels like I'm going to have a heart attack.

28. I've been used

29. I lay in bed trying to sleep.

30. This isn't going to work out well

31. Ashamed

32. I will lose everything I have

33. I Feel extremely terrified

Solving cognitive distortion questions

Q. What are the cognitive distortions that Uni showed in the following case? (2 answers)

Yuni missed a lecture because she was sick.
Instead she went to class the following week.
she was confused to find everyone sitting in groups.
It turns out that the professor had assigned groups for a group project.
Yuni thought to herself "I am sure no one wants to team with me.
"I'll be alone the entire semester," and cried.

1. Black-and-white logic   2. Magnification and minimization   3. Overgeneralization

4. Mind-reading thinking   5. Perfectionist thinking

Write down your response

Write down which of the five moods is most closely related to each thought

Depression **Anxiety** **Anger** **Guilt** **Humiliation**

I'm so dumb that I will never understand this

: _____

I will be fired for coming into work late

: _____

She's so unfair

: _____

I shouldn't have done something so hurtful

: _____

If people find this out about me,
they won't like me

: _____

Thinking about this is the wrong thing to do

: _____

He's deceiving and insulting me

: _____

There's no point in trying any harder

: _____

If something goes wrong, I won't be
able to deal with it

: _____

People will laugh at my presentation

: _____

Thought record 1

Complete columns 1 through 3 of the thought record based on what we learned.

Situation	Mood	Automatic thought

Downward arrow technique

Find your core beliefs about yourselves

Situation (in which you had a strong mood):

What does this say about me?

If this is true, what does this say about me?

If this is true, what does this say about me?

If this is true, what does this say about me?

Thought record 2

Situation	Mood	Automatic thought (Image)	Evidence that supports the hot thought	Evidence that contradicts the hot thought

Write down your response

Determine whether each item is a fact or an interpretation

1. Judy always sees me negatively	Interpretation / Fact
2. Her facial expression has changed	Interpretation / Fact
3. I'm angry	Interpretation / Fact
4. She doesn't care whether I quit drinking or not	Interpretation / Fact
5. She's cares more about the kids than she does about me	Interpretation / Fact
6. When I left the house, she yelled at me	Interpretation / Fact
7. She stayed by my side through all the years I spent drinking	Interpretation / Fact
8. She doesn't support my attending alcohol self-help groups	Interpretation / Fact
9. I can't stand being angry	Interpretation / Fact
10. She won't try to look after me when I'm going through a hard time	Interpretation / Fact

Thought record 3

Situation	Mood	Automatic thought (Image)	Evidence that supports the hot thought	Evidence that contradicts the hot thought	New balanced thought

Thought record 4

Situation	Mood	Automatic thought (Image)	Evidence that supports the hot thought	Evidence that contradicts the hot thought	New balanced thought	Re-evaluate the mood