

***DOWNWARD ARROW TECHNIQUE –
USE WITH MOOD LOG WITH ANT’S (Automatic Negative Thoughts)
ABOUT OTHER PEOPLE***

***(From Automatic Negative Thoughts)
Identifying Core Beliefs about OTHERS***

Automatic Thought
If this were true why would it be so upsetting to me? What would it mean about other people? What would it say about other people?
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If this were true why would it be so upsetting to me? What would it mean? What would it say about other people? **GO BACK TO THE FIRST THOUGHT AND DEFEAT IT. THEN HOW TRUE IS IT?** *Continue on another sheet if needed; otherwise, once you have come to the end of the arrows or list of automatic negative thoughts, complete the form below.*

USE WITH INTERPERSONAL DOWNWARD ARROW – *THE RULES AND THE ROLES*

<p><i>My Role</i> List adjectives that describe your role in this relationship. What kind of person are you?</p>	<p><i>His/Her/Their Role</i> List adjectives that describe the other person's role? What kind of person is her or she?</p>

<p><i>The Feelings</i> Describe what it would feel like for you to be in this type of relationship.</p>	<p><i>The "Rules"</i> What are the "rules" that govern this relationship and connect the two roles described above?</p>