## TRIPPLE COLLUMN TECHNIQUE

-From the book Feeling Good by Author David D.Burns

This triple column technique can be used to restructure the way you view and think about yourself when a certain event has taken place. The aim is to substitute more rational thoughts for the illogical, harsh self-criticisms that automatically come up in a negative situation.

AUTOMATIC THOUGHT (SELF-CRITICISM)	RATIONAL RESPONSE (SELF-DEFENSE)
Example: I can do nothing right.	That is not true. I do a lot of things right.
Example: I am not lovable.	Untrue. I know a lot of people that love me and just because he couldn't see my worth does not mean someone else wont one day.
Example: I have no real friends.	My friendships are just as real as anyone's. At times I do tend to take criticism as rejection. But it doesn't mean that they are.