

## Cognitive Techniques Practice Chart

Technique	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1. Questioning what you really mean							
2. Questioning the evidence							
3. Reattribution							
4. Examining options and alternatives							
5. Decatastrophizing							
6. Examining expected consequences							
7. Listing advantages and disadvantages							
8. Turning adversity to advantage							
9. Labeling distortions							
10. Guided association and discovery							
11. Using paradox or exaggeration							
12. Scaling							
13. Replacement imagery							
14. Cognitive rehearsal							
15. Self-instruction or coaching							
16. Thought stopping							
17. Focusing							
18. Self-compassion							
19. Is it signal or noise?							