

Practicing Disputing

Thought	Cognitive Distortion	Healthy (Rational) Belief
Men are pigs.		
Old people shouldn't drive.		
I need to make an A on my next exam.		
Dr. Grieve hates me.		
You never listen to what I have to say.		
I am such a clutz.		
If I don't make an A on my exams, I am a bad graduate student.		
I expect better from myself than I do other people		