Influences situations encountered in daily life and results in negative/unhelpful ways of thinking

Unhelpful thinking can occur all day long, constantly causing unhelpful and negative thinking across many situations. It may also occur less often, but have a negative impact on important situations.

If it leads to any one of these, it probably needs to change.

- Feeling bad
- Engaging in dysfunctional behaviors
- Thinking negatively in response to common or important situations

What can we do to help change/modify these beliefs?

Cognitive Reprocessing/Restructuring