

# Illustration Sheet

## Triple-Column Technique

T-C-T

The “triple-column technique” can be used to restructure the way you think about yourself when you have goofed up in some way. The aim is to substitute more objective rational thoughts for the illogical, harsh self-criticisms that automatically flood your mind when a negative event occurs.

### Daily Record

Automatic Thought(s) ( <i>self-criticism</i> )	Cognitive Distortion(s)	Rational Response(s) ( <i>self-defense</i> )
1. I never do anything right.	1. Overgeneralization	1. Nonsense! I do a lot of things right.
2. I'm always late.	2. Overgeneralization	2. I'm not always late. That's ridiculous. Think of all the times I've been on time. If I'm late more often than I'd like, I'll work on this problem and develop a method for being more punctual.
3. Everyone will look down on me.	3. Mind Reading \ Overgeneralization All-or-Nothing Thinking Fortune Teller Error	3. Someone may be disappointed that I'm late but it's not the end of the world. Maybe the meeting won't even start on time.
4. This shows what a jerk I am.	4. Overgeneralization	4. Come on, now, I'm not a “jerk.”
5. I'll make a fool of myself.	5. Labeling Fortune Teller Error	5. Ditto. I'm not a “fool” either. I may appear foolish if I come in late, but this doesn't make me a fool. Everyone is late sometimes.

# Triple-Column Technique

T-C-T

Patient's Name: \_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

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## Daily Record

Automatic Thought(s) <i>(self-criticism)</i>	Cognitive Distortion(s)	Rational Response(s) <i>(self-defense)</i>
1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.
5.	5.	5.