

**'There is nothing either good or bad, but thinking makes it so'**

**- Shakespeare -**



**EVENT**

Girlfriend breaks the news that she wants to end their relationship.

**THOUGHTS**

**INTERPRETATION OF EVENT**

I can't stand living without her.  
I must be a worthless person.  
I'll never find a partner whom I will make happy.  
She knew me and rejected me. There must be something seriously wrong with me.  
I am too old to find another girlfriend. I'll be lonely for the rest of my life.

Awfulising  
All or nothing

Jumping to conclusions  
Personalising  
Focusing on negatives

**CHALLENGING IRRATIONAL THOUGHTS**

It's painful at the moment. I feel sad and hurt but I can stand it.  
There is no evidence that I am a worthless person.  
That is definitely predicting the future and awfulising – I've been happy before and I am still the same person.  
There is no evidence that there is anything seriously wrong – we were just different. There were things I didn't like about her.  
Rubbish. There are plenty of people of my age in the same boat. Being alone for a while might be good for me anyway.

**FEELINGS**

**DEPRESSION**



**NEW FEELINGS**

**SADNESS**

I feel sad because I miss her and all the good times we had together. But I will get over these feelings – they won't last forever. In some ways it is good for me.

