

Exercise: Changing Your 'Thought Bubble'

Chapter 6

Date	Situation	Attachment-Related Anxious Thoughts (related to him, related to me)	Effects of Thoughts on Feelings and Behaviors	Disconfirming Evidence
2/19	Patrick met his friends out at a bar	<u>Him</u> : He wants to go out with his friends so he can look for someone he likes better than me; I can't trust him; he just wants to be with his friends and doesn't care about me <u>Me</u> : I'm not interesting enough; I'm not pretty enough	<u>Feelings</u> : Anxious, jealous, afraid of him leaving me, angry with him; feel inadequate <u>Behaviors</u> : check his cell phone when he's home and not looking; call him a lot when he's out	He's always making plans for us to go out; He is thoughtful and tells me he cares (my logic is flawed) Lori's boyfriend goes out with his friends and I don't think he's getting ready to leave her I have friends who like talking with me & find me interesting & fun to be with