

Satisfaction-Interrupting Thought: _____

- 1. What evidence do I have that either supports or refutes my satisfaction-interrupting thought?**

- 2. If a friend of mine told me that he or she had this thought, would I think it sounded reasonable or self-defeating?**

- 3. Do I have experiences in my life that could refute this thought?**

- 4. Is this satisfaction-interrupting thought distorted, and can I come up with a more accurate replacement thought? (See Chapter 6 for more information on thought distortions.)**
