

BURNS TRIPLE COLUMN TECHNIQUE

1. **Situation or Event:** _____

2. Negative Thoughts	3. Cognitive Distortion(s)										4. Rational Response (Self-defense)
	1. All or Nothing Thinking	2. Overgeneralization	3. Mental Filter	4. Disqualifying the Positive	5. Jumping to Conclusions	6. Magnification (Catastrophizing) or Minimization	7. Emotional Reasoning	8. Should Statements	9. Labeling and Mislabeling	10. Blame	
1.											1.
2.											2.
3.											3.
4.											4.
5.											5.
6.											6.
7.											7.
8.											8.

(Adapted from Burns, D. (1999). **Feeling Good: The New Mood Therapy**. New York: Harper Collins)