FORM 3.1

Defining the Terms

Sometimes we use terms that are quite vague. Perhaps other people would not know what we are referring to, or perhaps they would use the terms in a different way. In the form below, identify the negative thought that is bothering you at the top of the table. In the left-hand column, list each term you are using. In the middle column, write down how you would define each term. In the right-hand column, identify the kinds of problems with these terms and how you define them.

Negative thought: _____

Terms	Definitions	Problems with my definitions

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