FORM 3.10

Evaluating Negative Labels

We often use very general terms about ourselves or others. For example, if we are negative, we might label ourselves as a failure, loser, unattractive, or boring. These negative labels make us feel discouraged and lead us to ignore how we may be capable of lots of different behaviors. In the top left portion of the form write down a negative label of yourself (or someone else) and rate the degree to which you believe this label to be true. Then write out the negative behaviors that are evidence of this negative trait and the positive behaviors that suggest that you or the person is not always this negative. In addition, list the negative and positive behaviors that you can predict in the future. What conclusions would you draw from this information? Do you still believe that this negative label is as true as you first thought?

Negative label: _____

Belief (%): _____

Relevant negative behaviors	Relevant positive behaviors
What are some negative behaviors I can predict in the future?	What are some positive behaviors I can predict in the future?
Conclusion:	

Rerate the negative label (%): _____

(continued)

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What could be some reasons why my behavior or that of someone else might be different at different times?

Negative	**Positive**

Role playing both sides of the thought

Positive	**Negative**

Which responses are useful?
Why?
Which responses are not useful?
Why?