FORM 7.4

# Thoughts versus Reality

Sometimes we believe that a thought or an image means that something will happen. We might believe the occurrence of the thought means we will lose control or that something bad will happen to ourselves or other people. This is known as "thought–action fusion." But thoughts are different from reality. A thought is simply an occurrence in your brain. In the left-hand column, list some thoughts that bother you. In the middle column, list the concerns that you have about having the thought. Do those concerns imply that something will happen or that you will do something that disturbs you? In the right-hand column, give some reasons why a thought is different from an action or different from reality.

| Thought that bothers me | What I think it means—what will happen if I have the thought? | How is this thought different from reality? |
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