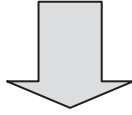


Downward Arrow Technique

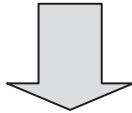
Automatic Appraisal: _____



If this were true, what would it mean about me? Why does this matter to me?

What would happen if this were true? What would happen next?

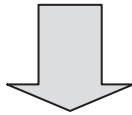
Underlying Appraisal: _____



If this were true, what would it mean about me? Why does this matter to me?

What would happen if this were true? What would happen next?

Underlying Appraisal: _____



If this were true, what would it mean about me? Why does this matter to me?

What would happen if this were true? What would happen next?

Underlying Appraisal: _____

These appraisals (e.g., thoughts of threat or failure) are often not very helpful. If they occur inappropriately, at the wrong time, or too frequently, they tend to make us feel worse and can get in the way of living a full life. Now, let's discuss some specific examples of automatic appraisals that people commonly make. We call these unhelpful automatic appraisals *thinking traps*.