Think of a situation from your own life when you had a <u>B-L-U-E</u> thought. Examine the evidence to see if the thought is realistic. Try to come up with a more realistic <u>TRUE</u> thought, and see whether it changes your feelings thermometer! Remember to ask yourself the following questions:	
What was the situation?	
	very good
	sort of good
	so-so
	sort of ba