



Cognitive Restructuring for Emotional Intelligence

Self-Awareness / Self-Control / Motivation / Empathy / Social Skills

Cognitive restructuring empowers us to increase our emotional intelligence by analyzing and exposing the root cause of negative responses that can undermine our performance, and/or damage our relationships with other people.

To use cognitive restructuring, work through the following steps: **(Fill in the blanks below as instructed)**

- 1) **Write down the situation or event that triggered your negative thoughts/emotions.** (self-awareness)
 - Identify the moods that you felt in the situation
- 2) **Write down the automatic negative thoughts/emotions you experienced when it occurred**
 - Consider the evidence that supports these negative thoughts.
 - Consider the evidence that contradicts the negative thoughts
- 3) **Now, write down a fair, reasonable or rational observation** (self control)
- 4) **Finally, observe your mood now, and develop a positive response – write it in** (empathy, motivation or social skills)

Document and practice with 2 occurrences over the next 30 days which produce negative thoughts, fear, apprehension, or anxiety about a person, task, issue or event. Bring completed log to our next session

Cognitive Restructuring Practice Log

| Situation/Event | Negative Thoughts | Rational Observations | Positive Response |
|-----------------|-------------------|-----------------------|-------------------|
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