

IACT - Clear Thinking Analysis (CTA Worksheet)

Old Thinking

New Thinking

A – Event (Activating Event)

RA – Review Event A (Re-Describe Exactly)

**B – Self Talk
(Self Talk Resulting from The Event)**

**RB – Review Self Talk
(Apply Clear Thinking Rules)**

C – Feelings (Feelings Resulting from Self Talk)

RC – Review Feelings (New Desired Feelings)