

# IACT - Clear Thinking Analysis (CTA Worksheet Instructions)

Old Thinking	New Thinking
<p><b>A – Event (Activating Event)</b></p>	<p><b>RA – Review Event A (Re-Describe Exactly)</b></p>
<p><i>Describe the Event that triggered unwanted feelings</i></p>	<p><i>Review Event A with a camera check - Exactly as it occurred</i>  <i>(Sometimes the same as A)</i></p>
<p><b>B – Self Talk (Self Talk Resulting from The Event)</b></p>	<p><b>RB – Review Self Talk (Apply Clear Thinking Rules)</b></p>
<p><i>Describe Self Talk resulting from the Event A</i></p> <p><i>(There may be multiple entries here)</i></p>	<p><i>Test each item in B with the Clear Thinking Rules learned earlier and develop new clear thinking Self Talk</i></p> <p><i>(There may be multiple entries here)</i></p>
<p><b>C – Feelings (Feelings Resulting from Self Talk)</b></p>	<p><b>RC – Review Feelings (New Desired Feelings)</b></p>
<p><i>Describe feelings resulting from Self Talk B</i></p> <p><i>(There may be multiple entries here)</i></p>	<p><i>Review and establish new desired feelings for the Self Talk RB</i></p> <p><i>(There may be multiple entries here)</i></p>