

List of Positive Attributes	Rating Attribute (0 to 10)	Specific Examples of Attribute
Work:		
Family/Intimate Relationships:		
Friendships/Social Sphere:		
Health/Physical Fitness:		

Controlling Your Mind

Leisure/Recreation/Fun: Community/Citizenship:		
Spirituality/Religious Faith:		

Once you've completed the positive-attributes worksheet, review the attributes you listed in the worksheet and circle the ones that you rated as strongly relevant. These are the attributes you'll want to use as replacement thoughts when you experience distressing intrusive thoughts.

Now you are ready to begin using self-affirmation to counter distressing thoughts. When you feel upset by an intrusive thought, you focus on one of your highlighted attributes and take a few minutes to reflect on personal experiences that reflect this attribute. Say honesty is one of your attributes, and you have depressive intrusive thoughts like *I'm failing at everything*. When this thought pops into your mind, you remember that you're an honest person. But when you think of honesty, you'll need to recall the many ways you've been an honest person; that is, to feel affirmed, you will need to elaborate on your positive attribute (see examples in the positive-attributes worksheet). This is the only way that self-affirmation can counter the distressing intrusion.

Daniel, for example, listed reliability in his job as one of his positive attributes. So, when he had a doubting intrusion, he brought to mind the many ways he's been a reliable employee for more than twenty years. He recalled occasions when he responded to the request of coworkers