Trigger	Automatic Negative Thought	Distortion Challenge	Reframed Thought
Math Exam Coming Up	I will fail this, I am useless at Math	Am I making assumptions? Is this a fact?	Math is not my best subject, but if I put as much effective study time in - I will get the best outcome I can
Job Offer turned down	Nothing ever goes right for me	Was this really in my control? What would I say to a friend in this situation?	I have some interview experience now, there will be other opportunities. Maybe I wasn't what they were looking for at this time.