

In-Session 9—Worksheet
Avoid Jumping to Conclusions

Name: _____

Date: _____

Disappointing or Distressing Situation	Your Usual Explanation When you Jump to a Conclusion	One Alternative Explanation	Another Alternative Explanation
Example: <i>My partner is short with me.</i>	Example: <i>I'm irritating him.</i>	Example: <i>He had a hard day at work.</i>	Example: <i>He got stuck in traffic.</i>