

Continuum Thinking

Date: _____

Absolute Label (verbatim stuck thought):

Reframed Dimension (neutral scale name):

Define 0 and 100 End-Points:

-0= _____

-100= _____

Comparators (add 3 with rough ratings):

-Comparator 1: _____

-Comparator 2: _____

-Comparator 3: _____

My Rating on the Scale (0-100):

Next-Step Zone + Tiny Action (5-10 points higher):

Emotion Rating:

Before (0-10): _____

After (0-10): _____