

## **WORKSHEET 3.1. New, More Accurate, and Helpful Thoughts**

Each time you check and challenge one of your guilt and shame thoughts, write your new, more helpful conclusions that are based on the facts on this worksheet. This is where you will collect all your new, more accurate conclusions that you will come to by completing the exercises in the book. You could place a bookmark here or fold over the corner of this page so you can quickly find it and return to it. If you end up printing extra copies of it (which you can do from <https://www.apa.org/pubs/books/transform-your-guilt-shame>; see the Resources tab), you can tuck them in here to keep all your new, more accurate, and helpful thoughts in one place.