

Roxana Lambdin, Ph.D.

Negative Judgements Record© DBT

Name: _____

EXAMPLES

When?	Where?	What?
1/23	Work	I thought about how I don't like working with Sally. She's always late.
1/30	Home	Getting up on Monday I thought: "This is going to be a hard week"
1/31	Gym	I hate going to the gym. I feel that people see how out of shape I am.
2/2	Home	I'm not looking forward to Aunt Jenny's visit; I won't enjoy it.

