

Your event::

I have a small penis and i wish it was a lot bigger

Your emotions:

I felt despair.

I felt hopeless.

I felt miserable.

I felt anguish.

I felt grief.

I felt alienated.

I felt rejected.

You reported an initial distress rating (SUDS) of 10--Unbearable, out-of-control.

Your thoughts::

I have a small penis and I feel less of a aman and that I suck at making my partner feel good

Believe thoughts: 100% or Completely.

Irrational beliefs selected::

Negative Evaluation of Self

Catastrophic Thinking

Shoulds

Labeling Self

Generalizing

Your challenge::

I'm only looking at the negative side.

The positive is as likely as the negative.

I don't need to refer to myself negatively.

I need to look for the positive too.

There are positive things about me too.

I don't need to be so critical of myself.

The worst case scenario is not likely to happen.

This is an unnecessary demand.

I might prefer something else, but I don't need it.

I can't expect perfection.

I don't need to be so harsh with myself.

Stop being so critical of myself.

I create what I expect, positive or negative.

Believe challenge: 0% or Not at All.

Your comments/plans::

I don't need to judge myself so harshly. I have positive things I like about myself. It's okay that I may not have a penis as big as other guys but I can still use my younger and fingers and I can still please my partner with my penis. I am creating my own neg thoughts by thinking negative thoughts about my small penis. I can not expect myself to have a body like someone else. Everyone is different. I might prefer to have a bigger penis but it is not something I need to have to be an amazing lover and amazing in bed..

You reported a final distress rating (SUDS) of: You reported a final distress rating (SUDS) of 1--Feeling basically good after completing the entry.