

Your event::

I hate my small penis

Your emotions:

I felt despair.

I felt hopeless.

I felt miserable.

I felt anguish.

I felt grief.

I felt alienated.

I felt dejected.

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 man and not able to please my partner.

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 need to look for the positive too.

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

This is an unnecessary demand.

My expectation is unreasonable.

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

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

Stop being so critical of myself.

I can't expect it to be bad every time.

I create what I expect, positive or negative.

Believe challenge: 100% or Completely.

Your comments/plans::

I need to stop being so critical of myself. I don't need to be so harsh of myself. my idea that k am less of a man and cant please my partner may not be as true as I thought. my negetive thoughts may not be as bad as I thought. I am generalizing that all men with Smolensk parts cant not please their partner while that is not always true. I need to llet go of ththe idea that I "should" have a big penis..

You reported a final distress rating (SUDS) of: You reported a final distress rating (SUDS) of 10-- Unbearable, out-of-control after completing the entry.