

Your event::

I hate my small penis

Your emotions:

I felt terrified.

I felt panicked.

I felt horrified.

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

Your thoughts::

I'm scared I cant be the best in bed since I have a samall penis

Believe thoughts: 100% or Completely.

Irrational beliefs selected::

Negative Evaluation of Self

Negative Evaluation of Situations

Catastrophic Thinking

Shoulds

Generalizing

Blaming

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.

There are other possible outcomes.

There are positive possibilities too.

I don't need to assume the negative.

The worst case scenario is not likely to happen.

This is an unnecessary demand.

My expectation is unreasonable.

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

Shoulds are demands I place on myself.

I can only do the best I can.

I can't expect perfection.

I create what I expect, positive or negative.

No one is perfect.

I might not have all the facts.

I can let this go. I don't need the stress.

Believe challenge: 0% or Not at All.

Your comments/plans::

J am only looking at the negative possibilities that could happen with having a small penis but there are a lot of positives too. I can still please a woman using different positions and I shouldn't please an unreasonable demand on myself. It is out of my control. I am thinking the worst and blaming others for myself dislike my penis size and anxiety about sex. j am generalizing that noone likes a guy with a small penis and that may not be true. I may not have all the facts... maybe a person loves a man with a small penis or maybe I am better in bed than I thought..