Cognitive Journal Date:

| Activating Event | Beliefs | Consequence | Disputing |
|---|---|---|---|
| 1. The situation.<br>2. Initial thought. | 1. Negative thinking.<br>2. Source of negative belief. | 1. Consider the consequences. | 1. Challenge your thinking.<br>2. Alternative thinking.<br>3. Positive belief and affirmation.<br>4. Action plan.<br>5. Improvement. |
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