

Cognitive Journal

Date:

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