

THOUGHT LOG

EVENT	THOUGHT	CONSEQUENCE/BEHAVIOR	RATIONAL COUNTERSTATEMENT
Example: Supervisor at work is angry.	"I must have made a mistake-now I've done it. They'll fire for me sure."	Feeling of sadness and anxiety Spend time obsessing over mistakes	"My supervisor could've been angry about anything. They are usually happy with my work, so even if I've made a mistake it isn't a big deal."