

Thought Log

Event	Thought	Consequence / Behavior	Rational Counterstatement
<p><i>Example:</i></p> <p>Supervisor at work is angry.</p>	<p>“I must have made a mistake—now I’ve done it. They’ll fire for me sure.”</p>	<ul style="list-style-type: none"> • Feeling of sadness and anxiety • Spend time obsessing over mistakes 	<p>“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.”</p>

