

Thought Log

Event	Emotion / Behavior	Thought or “self-talk”	Identify the irrational thought	Counterstatement- new healthier thought
Received “constructive” feedback from my supervisor on a project I’ve been working on.	Disappointed. Sad. Anxious about job performance.	<i>“Nothing I do is right. I’m going to job fail. I am not qualified for a job at this level.”</i>	Overgeneralization. Catastrophizing. All-or-nothing thinking. Perfectionism: I must be perfect and always look competent.	<i>“I’m not perfect. I’m still learning. Coaching can be hard to hear, but it will help me improve. It’s all part of the learning process.”</i>