



Challenging Negative Thoughts

Daily Log

| Trigger/ event | Feeling (1-10 distress) | Automatic /negative thought | Evidence supporting thought | Evidence NOT supporting thought | Coping alternatives |
|-------------------|-------------------------------|-----------------------------------|-----------------------------------|--|------------------------|
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |

Daily Motivation



ROME WASN'T BUILT IN A DAY