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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Emotion Felt | Situation | Initial Thoughts | Behaviour | Reasons to Support the  Behaviour | Reasons that do not Support | Alternative Thought | Alternative Behaviour | Alternative Outcome |
| Example | Embarrassed  80%  Angry  20% | An old friend  ran into me  at the mall.  said I heard  you were feeling  unwell. | I just want to  get away. I  do not have  time for this.  What are they  talking about?  They are  judging me. | I made small  conversation,  made an excuse and quickly left. | Did not risk embarrassing myself. | It was probably more embarrassing to quickly leave.  Hearing I was unwell does not imply they are being mean. It actually shows concern. | If they were judging me, they would have not stopped to say hello. It might have been nice to talk to them. This  is the anxiety talking. | Having a quick  5 minute  conversation. | Happy 60%  Slight energy increase after. |
| Monday |  |  |  |  |  |  |  |  |  |
| Tuesday |  |  |  |  |  |  |  |  |  |
| Wednesday |  |  |  |  |  |  |  |  |  |
| Thursday |  |  |  |  |  |  |  |  |  |
| Friday |  |  |  |  |  |  |  |  |  |
| Saturday |  |  |  |  |  |  |  |  |  |
| Sunday |  |  |  |  |  |  |  |  |  |