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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 | Embarrassed80%Angry20% | An old friendran into me at the mall.said I heardyou were feelingunwell. | I just want to get away. I do not have time for this. What are theytalking 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 quick5 minute conversation. | Happy 60% Slight energy increase after. |
| Monday |  |  |  |  |  |  |  |  |  |
| Tuesday |  |  |  |  |  |  |  |  |  |
| Wednesday |  |  |  |  |  |  |  |  |  |
| Thursday |  |  |  |  |  |  |  |  |  |
| Friday |  |  |  |  |  |  |  |  |  |
| Saturday |  |  |  |  |  |  |  |  |  |
| Sunday |  |  |  |  |  |  |  |  |  |