



My Thought Log



Remember:
Feelings aren't
facts!



1

Activating Event

A situation that has triggered a thought & Emotion.

2

Emotion & Thought

What did you feel and think as it relates to this event?

3

Behavior

What did you do with this situation, emotion and thought?

4

Consequence

What was the outcome of your behavior?

5

Evidence For?

What evidence do you have for this thought/emotion?

6

Evidence Against?

What evidence do you have against this thought? What is the replacement thought?

7

What next?

What are your options based on the evidence for or against?



Replacement thought?



Change the situation?



Change how I feel?



Radically accept and tolerate?



Stay miserable; making it worse?