

THOUGHT LOG

Stressful Event: _____

Physical signs: (List how you feel physically as a result of the stress.)

Emotions: (List how you feel emotionally as a result of this stress.)

Automatic thoughts: (Write down the thoughts you recall having as a result of this stress.)

Cognitive distortions: (Identify the distortions in each negative thought)

Positive thoughts: (Substitute more realistic and positive thoughts, "What do you want?")

Positive emotions: (How do you feel as a result of these new positive thoughts?)
