Thought Log

Event	Thought	Consequence / Behavior	Rational Counterstatement
Example: Supervisor at work is angry.	"I must have made a mistake—now I've done it. They'll fire for me sure."	- Feeling of sadness and anxiety - Spend time obsessing over mistakes	"My supervisor could've been angry about anything. They are usually happy with my work, so even if I've made a mistake it isn't a big deal."