

Thought Log

| Event | Thought | Consequence / Behavior | Rational Counterstatement |
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| <i>Example:</i> Supervisor at work is angry. | "I must have made a mistake—now I've done it. They'll fire for me sure." | <ul style="list-style-type: none">• 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." |
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