

ACTION SHEET #6
Challenging Our Thoughts

<u>Feeling</u>	<u>Thought</u>	<u>Triggering Event</u>	<u>Alternative Thought</u>
Monday			
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
Tuesday			
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
Wednesday			
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
Thursday			
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____



Friday

Saturday

Sunday



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(Example)

<u>Feeling</u>	<u>Thought</u>	<u>Triggering Event</u>	<u>Alternative Thought</u>
Monday			
Anxiety	I don't think I can do this	Boss gave me a new project	Boss has faith in me; I can enlist help; I am resourceful
Tuesday			
Guilt	I am a bad person	Forgot an appointment & kept client waiting an hour	I am human & made a mistake; My daily schedule may be too full & need adjusting
Wednesday			
Disappointed	I am a failure	Didn't get the job	There are many reasons that may have nothing to do with me, personally
Thursday			
Anger	This is unfair! This shouldn't be happening!	Flight home delayed	How can I make the best of this? Catch up on work? Reading?
Friday			
Shame	I am a fraud	Presentation went poorly	Will prepare better next time; Will get feedback to do better
Saturday			
Annoyed	Why can't she just put it in the sink?!	Coffee cup left on the table again!	She is great in so many other, important ways. So lucky to have such a great partner
Sunday			
Apathy	It won't matter anyway	Invited to work out with a friend	Get to spend time with my friend; I may sleep better after exercise