

Thought Log

Event	Thought	Consequence/ Behavior	Rational Counterstatement
2/1/21, Mon. 3:15 pm: I missed a deadline at work.	I'm a failure. I'm a terrible employee. I'm going to get fired.	Sad. Anxiety. Obsessing over mistakes.	I missed the deadline, but mistakes happen. I'm going to give my best effort and work through this. I know I'm capable and will make a plan to avoid making this mistake again.