

# Thought Log

Event	Thought	Consequence / Behavior	Rational Counterstatement
<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"><li>• Feeling of sadness and anxiety</li><li>• Spend time obsessing over mistakes</li></ul>	"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."