

# THOUGHT LOG



Event	My Default Thought	Consequence	My New Thought
<p><i>Example:</i> When I got to work this morning, my boss didn't greet me like she usually does.</p>	<p><i>Example:</i> She must be really unhappy with my work. I must have done something wrong. My work is probably disappointing.</p>	<p><i>Example:</i> Feelings of inadequacy, helplessness, anxiety, and stress. Obsessing over whether I could have handled the interaction better.</p>	<p><i>Example:</i> The truth is, I have no way of knowing what caused my boss to be in a bad mood this morning. There haven't been any other signs that my work has been poor, and I'm confident that I've been putting in my best effort.</p>