

Thought Log- record your negative thoughts

After A, B, C, ask yourself the 3 rational questions. If you can answer “no” to any of them, come up with

Event A	Thought B	Consequence/ Behavior C	Rational Counterstatement D
<i>“Example: Supervisor at work is angry”</i>	“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.”

- Rational Questions

 1. Is my thinking based on fact?
 2. Does my thinking help me achieve my goals?
 3. Does my thinking help me feel the way I want to feel?

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Read aloud the thoughts in the last column at least once every day for a month. Practice imagining yourself in the situation you described. Finally, begin acting as if you believe what you wrote by acting out your new D whenever you are in the A situation.

The Importance of Practice

- The stages of emotional re-education remind us of the experience of cognitive-emotive dissonance and the fact that practice is required to develop a habit.
- Cognitive-emotive dissonance is experienced any time we do, think, or feel something that is the opposite of what we are accustomed. It is normal and to be expected.
- Acting “as if” helps a person to experience the benefits of new thinking before he or she completely believes it.
- Rational visualization is very helpful technique because the human brain does not know the difference between an image that is produced from external stimuli and an image that is produced internally. That is why dreams are so real to us.