

Cognitive Restructuring: Stressful Thinking/Feelings Identification Log

(A) <u>Activating Event</u> Write down details of problem or activating event	(B) <u>Beliefs/self talk</u> Write down automatic negative thoughts, attitudes, opinions about event at (A)	(C) <u>Consequences/emotions</u> Write down your resulting emotions eg stress, anxious, angry, frustrated	(D) <u>Dispute</u> Write a positive, fact-based alternative, disputing negative thoughts	(E) <u>Effective</u> New stress reducing approach. Describe changes in the way we deal with the stressor
Waking up at night	I shouldn't wake up at night. Waking at night makes me tired.	Angry Frustrated Tired	Waking at night is a normal part of sleep and doesn't have a major impact on energy levels	Not get concerned about waking at night.