

# Thought Log Practice



## Step 1 - Identify

Thought: "No one at school likes me."

Cognitive Error: All-or-nothing or Mind Reading

Evidence for: "Sometimes I eat lunch alone."

Evidence against: "I had fun joking with Jamie and Alex during gym class today."

Is there another way to look at this?: "Maybe I eat lunch alone because my friends had to finish their homework."

## Step 3 - Replace

Create a balanced thought: "Sometimes I feel alone, but I have friends who like hanging out with me."

## Step 1 - Identify

Thought: "I'll never be good at math."

Cognitive Error:

## Step 2 - Challenge

Evidence for:

Evidence against:

Is there another way to look at this?:

## Step 3 - Replace

Create a balanced thought:

## Step 1 - Identify

Thought: "We lost the game because I'm terrible at soccer."

Cognitive Error:

## Step 2 - Challenge

Evidence for:

Evidence against:

Is there another way to look at this?:

## Step 3 - Replace

Create a balanced thought:

# Thought Log



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