

THE SELF-TALK LOG (Some Examples)

Anticipated/ Activating Situation Or Event	What Were Your Feelings About The Situation And How Did You Behave? (Generally We Notice Our Feelings And Behaviors Before We Notice Our Self-Talk)	What Was Your Negative Self-Talk? Be Specific!	What Were Your Thought Distortions (TD) and Unrealistic Core Beliefs (UCB) That Contributed To Your Negative Self-Talk? Be Specific!	How Could You Intervene In Your Negative Self-Talk By Changing It (e.g. Reframing It In A More Positive Way)? Be Specific!
I think about trying to put together a kids' playhouse with "some assembly required"	Feelings: anxious, nervous, fearful, frustrated, angry Behavior: I procrastinate putting the playhouse together; I "snap" at the kids when they ask about when I will get it done; I get mad at the kids about another issue when I actually do have time to build it so I don't have to get started putting it together	<i>I'll never be able to do this; the instructions on these things are never clear; I'm such a "klutz;" I'm incompetent; I'm stupid; I should never have bought this damn house for the kids; I'm not much of a man/father; I'm inadequate; what the hell is wrong with me</i>	TD: generalizing, labeling, predicting the future, comparing, catastrophizing UCB: I have to be strong enough to handle everything by myself; I have to be competent and successful in anything that I do; real men should always know how to take care of things like this; instructions should always be clear, straightforward, and easy to follow	<i>I'll be able to figure this out; I can take a time-out if I really start to get frustrated doing this; it's okay that I don't know how to do everything; I've been able to put things together in the past; I can ask for help from my brother if I need to; if worse comes to worse, I can hire someone to help me or have him put this together for me and the kids</i>
I see my partner talking to another person for a long time at a party we attend	Feelings: anxious, depressed, jealous, scared, hurt, angry Behavior: I go over to my partner and tell them that the two of us will be leaving immediately ; I start sulking if they don't want to go; I get even angrier as the night goes on and ruining the evening for myself by isolating and withdrawing from other people who are there; I sulk and refuse to talk to my partner in the car on the way home; I yell at them when we actually arrive home	<i>He/she doesn't respect me; they've never really loved me; he/she shouldn't be talking to other people; he's a jerk! she's a slut; they like that person more than they like me; they're going to leave me; I can't trust him/her; I'm not really lovable; that person's probably better than I am; I'm not valued in this relationship; they are really going to "get it" when we leave here</i>	TD: should/ought thinking, labeling, predicting the future, comparing, catastrophizing UCB: people and things should be the way I want them to be; my partner is supposed to live up to all the expectations I have for them; no one will ever really love me the way they should; other people can never truly be trusted	<i>I'm just feeling this because of my own self-doubt and insecurity; this is my issue, not theirs; they has a right to talk to other people at this party; their talking to other people doesn't mean they want to have sex with them or leave our relationship; I want him/her to have a good time here too; I can take a time-out and think about this more rationally if I need to do it</i>
I get cut off on the freeway by a guy who is speeding and swerving in and out of traffic	Feelings: fearful, threatened, unsafe, vulnerable, angry Behaviors: I chase after the other driver and honk repeatedly; I flash my lights at him; I "flip him off;" shaking my fist at him; I scream obscenities out the window at him; I tailgate him and zoom in front of him and then slam on my brakes to try to scare him and show him what he's been doing to me	<i>I can't let that jerk get away with this; that guy is an asshole and should be taught a lesson; people like that are always "messing" with me; that guy is going to kill somebody and needs to be stopped; he probably thinks I'm a "wimp" and won't do anything about his bad driving; nobody should be allowed to drive that way; I never drive like that; I'm not important enough for that "SOB" to even notice me</i>	TD: should/ought thinking, personalizing, labeling, generalizing, comparing, catastrophizing, blaming UCB: others should always be fair with me; people and things should be the way I want them to be; if people make mistakes they deserve to be blamed and punished; I have to have respect from everyone around me; real men don't let anyone push them around	<i>I can't control that guy's behavior; I don't like what he just did, but maybe he didn't see me or was just distracted; if I try to get him back for this; I (or someone else) could really get hurt if I continue to escalate about this; if I'm really concerned about what might happen because of his bad driving, I can call the police and report him; even though I felt scared, I'm okay and the car didn't get damaged in any way; maybe there's actually a good reason he has to rush to get somewhere</i>