

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!
<p>I get criticism and negative feedback from other colleagues at work about not completing a project that I am assigned to do</p>	<p>Feelings: anxious, embarrassed, angry, inadequate, exhausted Behaviors: I become argumentative and defensive; I try to talk over other people; I explain away their feedback and try to justify why the project didn't get done; I work hard to get the "last word" in; I withdraw and then give others "the cold shoulder" after the meeting; I avoid asking for the help that I need and continue to procrastinate getting the project done</p>	<p><i>I should have taken more time to do this; everybody thinks I'm a loser and not really "carrying my weight" on the team; I'm incompetent and I don't know what I'm doing; my co-workers won't like me; they just don't understand how busy my life is; my boss will be angry and will think I'm a bad employee and will not want to continue to work with me; I'm going to end up getting fired from this damn job</i></p>	<p>TD: Labeling, catastrophizing; should/ought thinking; assuming UCB: A successful person always takes care of his/her responsibilities and gets things done on time; whenever someone criticizes me, it proves they don't really like me and it proves that I'm a "screw-up;" I have to be competent and successful in everything I do; if people make mistakes, they deserve to be blamed and punished; I have to have approval and respect from everyone around me at all times</p>	<p><i>I made a mistake by not focusing more on this project; I really need to "buckle down" and get this done in the next few days; there are a couple of people on the team who can really help me out on this project/I need to contact them ASAP; I've been a good worker and team member in the past/ this isn't likely to affect how my boss and my colleagues view me long-term if I get going on this now and get it done</i></p>
<p>My child starts screaming and "acting up" in a crowded grocery store</p>	<p>Feelings: embarrassed, disappointed, angry, frustrated Behaviors: I yank my child by the arm; I get in my kid's face and try to intimidate him into acting better; I move more quickly through the store's aisles; I avoid looking at other peoples' faces; I smile sheepishly at other customers who are looking at me; leave the store abruptly without getting what I really needed to get</p>	<p><i>I can't believe this little brat is acting up again; I shouldn't have to deal with this bullshit every time we go out to get something I need; I'm a lousy parent or he wouldn't be doing this to me; everyone is judging me; I'm really going to "give it to him" when we get back to the car</i></p>	<p>TD: Labeling, should/ought thinking, assuming, generalizing UCB: Children should be courteous and respectful with their parents at all times; I should always be strong, confident, and "in charge;" good parents never have children who "make a scene;" I have to be competent and successful in everything that I do</p>	<p><i>It's pretty late in the day to be at the grocery store/I need to go earlier if I'm going to take him with me; we may need to take a time-out and go to the car and I can see if that will help him calm down; other people who are parents will understand what's going on here; I can't completely control his behavior or the reactions of other people in the store</i></p>
<p>My partner of 18 years decides to end our relationship and refuses to even talk about working on it with me</p>	<p>Feelings: hurt, devastated, overwhelmed, sad, angry, hopeless, helpless, worthless, embarrassed Behaviors: I beg my partner to give me another chance; I promise that I will change whatever they don't like about me; I follow them around when they leave the house to see if they are involved with somebody else; I threaten to hurt myself if they don't reconsider their decision; I burst into tears whenever I am around them; I withdraw and isolate from my friends and family; I get really depressed and stop eating and go to bed and sleep most of the day</p>	<p><i>She/he is such a jerk for doing this to me; She/he doesn't have the right to end things this way; I've been lazy and irresponsible in this relationship; I should have worked harder on this; I'll never find anyone who will really love me; my life is over; I will never be able to find any real happiness in my life; no one else will ever want me; I will be alone forever</i></p>	<p>TD: Labeling, predicting the future, catastrophizing, should/ought thinking, blaming, generalizing UCB: My partner is supposed to live up to all my expectations; relationships are supposed to last forever; other people should always be fair with me and do what I think they should do; I have to be competent and successful in everything I do</p>	<p><i>I can't control what she/he does at this point; I need to look at myself in this situation and see if I could have done some things differently in this relationship; I need to learn from this so I am better prepared for my next relationship; I don't particularly like dating but I can handle it if I have to; it's not easy to find a partner who fits with me, but it's something that's important to me and it's worth going for; I've got good friends who can be there for me and help me get through this difficult time in my life</i></p>