

THE SELF-TALK LOG: A Good Way To Tune Into And Change Your Thoughts And Your Life

What was the Anticipated or Activating Situation or Event	What were your Feelings about the Situation and how did you Behave? (We generally notice our Feelings and Behaviors before we notice our Self-Talk)	What was your Negative Self-Talk? Be Specific!	What were your Unrealistic Core Beliefs (UCB) and Thought Distortions (TD) 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!