

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

<b>What was the Anticipated or Activating Situation or Event</b>	<b>What were your Feelings about the Situation and how did you Behave?</b> <small>(We generally notice our Feelings and Behaviors before we notice our Self-Talk)</small>	<b>What was your Negative Self-Talk?</b> <small>Be Specific!</small>	<b>What were your Unrealistic Core Beliefs (UCB) and Thought Distortions (TD) that contributed to your Negative Self-Talk?</b> <small>Be Specific!</small>	<b>How could you intervene in your Negative Self-Talk by changing it (e.g. reframing it in a more positive way)?</b> <small>Be Specific!</small>