

What are you feeling & how would you rate it on a scale of 1-10? (e.g. Sadness & 8)

Thoughts

Example: I feel like a failure.

Distortions

Example: I didn't finish my project on time so I must be completely incapable.

Rational Responses

Example: I'm rarely late with any project and this one was only a little past due. No one succeeds all the time. I succeed more often than not and will again.