

Date/time and brief Description of EVENT	Irrational Thoughts and Expectations, Degree of Emotion (0-10)	Concrete Evidence (How do I know)	Probability (How realistic is it)	Coping Thoughts Degree of Emotion (0-10)	
(Internal of External)					
	1	1	1	1	
	Rate ()			Rate ()	
	2	2	2	2	
	Rate ()			Rate ()	
	3	3	3	3	
	Rate ()			Rate ()	
		1	1	1	1
Rate ()				Rate ()	
2		2	2	2	
Rate ()				Rate ()	
3		3	3	3	
Rate ()				Rate ()	
		1	1	1	1
	Rate ()			Rate ()	
	2	2	2	2	
	Rate ()			Rate ()	
	3	3	3	3	
	Rate ()			Rate ()	