Thought Log Worksheet

Name: Mary Jones

Situation	Thought	Emotion	Behavior	Alternate thought
My parents were annoyed with me because I received a B on my maths test.	I thought that I was so stupid, and a failure. I'll never improve, and my life is doomed to be mediocre.	I felt really upset, and annoyed at myself too.	I felt defeated, and decided to not do anymore study. After all, what's the point? It doesn't get me anywhere.	Perhaps I can view it as a learning curve, and that I can use the results to motivate me to do better. There's nothing wrong with a B that can't be fixed.