Thought Record

Name: Nate Daniels

Situation	Thought	Emotion	Behavior	Alternate thought
My manager got angry at me.	I thought I did something extremely wrong and I would be either suspended or fired immediately	I was really anxious and nervous.	I was distracted the entire day at work. I kept thinking what I did wrong and obsessing about any mistake I have done.	My manager may have had a bad day and couldn't have been seriously angry at me. I have been good with my work and I should talk about the issue with them to clarify.