

## Margaret Perry, LCSW

Mental and Behavioral Health Services

## **Thought Log**

| Event                                    | Thought   | Consequence or Behavior   | Rational Counterstatement   |
|--|---|---|---|
| My boss emailed me asking for a meeting. | I must have done something wrong but I'm going to be fired. | Feeling very anxious and scared.<br>Spend time obsession over what I'm<br>going to do when I get fired. | My boss probably wants to get an update on some of the projects I've been working on. |
|  |   |   |   |
|  |   |   |   |
|  |   |   |   |
|  |   |   |   |
|  |   |   |   |