

Handout 1.8: Completed Stress Log Sample

Stressful Event Description Making a presentation for a meeting at work	
Negative Emotions Anxiety, fear	Positive Emotions Excited for the opportunity, energized
Strength of Negative Emotions <div style="text-align: center;"> _____X_____ </div> 1 2 3 4 5 6 7 8 9 10 Low High	Strength of Positive Emotions <div style="text-align: center;"> _____X_____ </div> 1 2 3 4 5 6 7 8 9 10 Low High
Identify Negative Beliefs They might not agree with me. It would be awful if I got tongue-tied! I wish I was as smart as Nancy.	Challenge With Positive Beliefs Even if they don't, it wouldn't be terrible. It would be frustrating, but not a tragedy. Nancy's intelligence doesn't diminish my own; we are different.
Type of Cognitive Distortion Catastrophizing; comparisons	Healthy Alternative Sticking to the facts, not interpretations
Certainty of Your Beliefs <div style="text-align: center;"> _____X_____ </div> 1 2 3 4 5 6 7 8 9 10 Low High	Certainty of Your Beliefs <div style="text-align: center;"> _____X_____ </div> 1 2 3 4 5 6 7 8 9 10 Low High
Unhealthy Behaviors Withdrawing before meetings Getting snippy with the family	Healthy Behaviors Practicing in front of a mirror Outlining my main points on a note card
Cost/Benefit Analysis: Unhealthy Coping Costs: Alienates others; causes conflict. Benefits: Keeps people away; protects me.	Cost/Benefit Analysis: Healthy Coping Costs: Takes time to plan. Benefits: Helps me feel empowered, organized, and prepared. Boosts my confidence.
My Conclusions and Goals By challenging my irrational beliefs and replacing them with more rational thoughts, I will use this presentation as an opportunity to grow healthier.	