

*The Change-Resistance Solution*

**Handout 10.2: Reaction to Life Changes Log**

With Handout 10.3 serving as a model, use this log to help you more effectively cope with life changes.

Current Situation	
Negative Emotions	Positive Emotions
Strength of Negative Emotions	Strength of Positive Emotions
_____ 1 2 3 4 5 6 7 8 9 10 Low High	_____ 1 2 3 4 5 6 7 8 9 10 Low High
Identify Negative Beliefs	Challenge With Positive Beliefs
Type of Cognitive Error	Response to Cognitive Error
Certainty of Your Beliefs	Certainty of Your Beliefs
_____ 1 2 3 4 5 6 7 8 9 10 Low High	_____ 1 2 3 4 5 6 7 8 9 10 Low High
Unhealthy Reactions to Change	Healthy Reactions to Change
Cost/Benefit Analysis: Unhealthy Coping With Change	Cost/Benefit Analysis: Healthy Coping With Change
My Conclusions and Goals	