

Handout 10.3: Reaction to Life Changes Log, Completed

Current Situation Difficulty adjusting to new job right after graduation from college	
Negative Emotions Afraid, intimidated	Positive Emotions Excited, hopeful
Strength of Negative Emotions <div style="text-align: center;"> _____X_____ 1 2 3 4 5 6 7 8 9 10 Low High </div>	Strength of Positive Emotions <div style="text-align: center;"> _____X_____ 1 2 3 4 5 6 7 8 9 10 Low High </div>
Identify Negative Beliefs They might regret hiring me - I'm not smart like a lot of the others. It would be TERRIBLE to make a mistake	Challenge With Positive Beliefs I need to stop comparing myself with others. They know I have little experience and just graduated. It's OK to make mistakes.
Type of Cognitive Error Over-catastrophizing, all or nothing thinking, making comparisons	Response to Cognitive Error I will stick to the facts. I will only compare myself to myself before today - not others
Certainty of Your Beliefs <div style="text-align: center;"> _____X_____ 1 2 3 4 5 6 7 8 9 10 Low High </div>	Certainty of Your Beliefs <div style="text-align: center;"> _____X_____ 1 2 3 4 5 6 7 8 9 10 Low High </div>
Unhealthy Reactions to Change Withdraw after work, isolate myself	Healthy Reactions to Change Will try to make new friends at work, ask them to lunch for example
Cost/Benefit Analysis: Unhealthy Coping With Change Will feel stressed and depressed	Cost/Benefit Analysis: Healthy Coping With Change Will meet new people and be open to new experiences
My Conclusions and Goals I will get nothing out of isolating and being intimidated. I will use this new job as a chance to embrace change and grow from it professionally and personally.	