

Handout 10.6: Weekly Change Log

Date(s): _____

1. Example of changing event (s):

2. My emotional responses:

3. Degree of negative reaction to stress:

LOW 1 2 3 4 5 6 7 8 9 10 HIGH

4. Unhealthy thoughts:

Certainty of beliefs: LOW 1 2 3 4 5 6 7 8 9 10 HIGH

5. Types of cognitive distortions:

6. Healthy thoughts:

Certainty of beliefs: LOW 1 2 3 4 5 6 7 8 9 10 HIGH

7. Unhealthy reactions to change:

8. Healthy reactions to change:

9. Mindfulness and acceptance skills I have practiced:

10. Metaphors and visualizations I have used:

11. Alternative skills I can use to cope with change:

12. Costs and benefits of my healthy and unhealthy thinking:

13. Goals for managing change and improving my coping skills:
