

### Handout 8.4: My Thoughts/Feelings/Behavior Log

This thoughts/feelings/behavior log will help you separate your thoughts, feelings, and behaviors, helping you identify faulty beliefs that result in negative consequences.

By replacing your negative thoughts with healthier ones, your feelings and behaviors will improve.

	Negative Beliefs, with % of certainty	Resulting Feelings	Resulting Behaviors	Alternative Rational Thoughts, with % of certainty	Resulting Feelings	Resulting Behaviors
1						
2						
3						
4						
5						