

Handout 9.6: Weekly Summary Log For Overcoming Regret

Date(s): _____

1. My regret:

2. Emotional responses:

3. Degree of anxiety: LOW 1 2 3 4 5 6 7 8 9 10 HIGH

4. Unhealthy thoughts:

 Degree of certainty: LOW 1 2 3 4 5 6 7 8 9 10 HIGH

5. Type of cognitive distortion:

6. Healthy alternatives:

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

7. Unhealthy reactions:

8. Healthy reactions:

9. Metaphors and visualizations I this week:

10. Alternative skills I can use :

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

12. Goal for improving my skills to overcome regret:
