

Self-Monitoring Form: Monitoring Negative Thoughts (Example)

Situation <i>What were you doing?</i>	Negative Emotions 0 (low) - 100 (high) <i>What were you feeling?</i>	Physical Sensations <i>What was happening in your body?</i>	Negative Automatic Thoughts <i>What were you saying to yourself?</i> <i>What assumptions/predictions were you making?</i>	Behaviours <i>What did you do?</i>	Is this behaviour helpful? <i>Consider short-term & long-term effects</i>
Ran into co-worker at grocery store	<ul style="list-style-type: none"> - Anxious (70) - Embarrassed (60) 	<ul style="list-style-type: none"> - Heart racing - Clammy hands - Sweating - Racing thoughts 	<ul style="list-style-type: none"> - I'm terrible at small talk - I didn't know what to talk about with her outside of work - She must have thought I was awkward - I sounded stupid 	<ul style="list-style-type: none"> - Tried to pretend I didn't see her (but it didn't work, she came up to me anyway) - Let her lead the conversation - Gave short answers, trying to end the conversation as quickly as possible 	<ul style="list-style-type: none"> - No, it didn't work because she saw me anyway, and it only makes my anxiety worse - No, this just made me feel more awkward - This helped in the short term because it ended the conversation more quickly, but in the long run it's not helpful and I might have seemed rude or uninterested

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