

Activity 1: THOUGHT RECORD

Where Were You?	Emotion or Feeling	Negative automatic thought	Evidence that supports that thought	Evidence that does not support that thought	Alternative thought	Emotion or feeling
<p><i>Where were you? What were you doing? Who were you with?</i></p>	<p><i>Emotions can be described with one word, eg SAD, ANGRY, SCARED, Rate 0-100%</i></p>	<p><i>What thoughts were going through your mind? What memories or insights were in your mind?</i></p>	<p><i>What facts support the truthfulness of this thought or image?</i></p>	<p><i>What facts or experiences indicate that this thought may not be true? If my best friend had this thought what would I tell them? Could I be jumping to conclusions?</i></p>	<p><i>Write a new thought that takes into account evidence for /against the original thought</i></p>	<p><i>How do you feel about the situation now out of 0-100%</i></p>

Activity 2: Accepting Failure

Thing I Failed at:

Write the phrase: Big and Bold

The three positive things I learnt or that happened as a result of it:

The three positive things from your mentor.

Do you still think that you failed? _____