

**Table for Step 5: Choosing another thought to lead to a more beneficial action.**

Date and time	Situation	Thought that leads to next Thought	What Thought did you choose?	Action.
Example	I'm dissatisfied in my job.	I don't want to go to work		
		How else can I pay my bills?		
		I don't know what I want / can do	What do I like doing?	Notice what you like doing and what gives you joy and satisfaction in work and outside of work.