

Table for Step 8 Thoughts: Making a choice that will lead to a beneficial Action.

Date and Time	Situation	Thought(s)	Accompanying Emotion(s)	Action	Choice	Resulting Action
Example	I made a mistake whilst giving a presentation	'I am useless'	Nervousness	Clumsiness - start to knock things over / bump into things.	Changed Emotion to Confidence	I took a deep breath - No more clumsiness