

Figure 2.

Emotional Response Journal

Use the following journal to record your emotional responses throughout the week and challenge your distorted thoughts. Each time you find yourself feeling anxious, angry, upset, unsettled, procrastinating, or unproductive, respond to the following questions. (Copy and paste these questions for each entry.)

How are you feeling?

What task, event or activity triggered the feelings?

Write down all of your thoughts and feelings about this task/activity/event? Don't worry about the wording and punctuation. Just write your thoughts as they come to you.

Which Distortions can you identify in your writing? Check as many as apply and give examples beside each:

__ All-or-nothing _____

__ Overgeneralization _____

__ Mindreading _____

__ Fortune telling _____

__ Magnification/minimization _____

__ Should _____

__ Personalization _____

__ Emotional Reasoning _____

Comparative _____

What evidence exists for your thoughts and feelings?

How could you verify your thoughts and feelings? Would it be worth it to do so?

If it is true, what is the worst that could happen? What would you do to cope with it?

How is continuing to believe this and or dwell on this affecting me?

What are more rational thoughts or reasons for what happened? And/Or, what is a plan that I could use to resolve this issue so that I can move on and feel better?

Source: Burkart, G. (2017). *16 Weeks to College Success*. Dubuque, IA: Kendall Hunt.