REALISTIC THINKING FORM (E.g.)

Situation	Feeling (0 –10) *0 = no emotion* *10 = most intense emotion*	Anxious Thoughts	Realistic Thoughts	Feeling after Realistic Thinking *(0-10)*
Important interview tomorrow	Anxiety – 8	*I always get so nervous about job interviews. I'm going to mess up tomorrow and I'll never get a job.*	*There is a chance that I might not do well in tomorrow's interview, but not performing perfectly on a job interview doesn't mean I won't get the job. Even if I don't get this job, it doesn't mean I will never get a job. I have always been able to find work. I can always get feedback on what I can do to improve my chances of getting another similar position.*	Anxiety - 3

REALISTIC THINKING FORM

Situation	Feeling (0 –10) *0 = no emotion* *10 = most intense emotion*	Anxious Thoughts	Realistic Thoughts	Feeling after Realistic Thinking *(0-10)*