

My Unrealistic Thinking Log 25

[Self-Management Skills Module](#)

Directions: Use this log when you engage in unrealistic or inaccurate thinking.

<u>Date</u>	<u>An Unrealistic & Inaccurate Way of Thinking I Used Recently (the type)</u>	<u>A Specific Example of When I Used It Recently</u>	<u>The More Realistic & Accurate Statement</u>
1			
2			
3			

<u>Date</u>	<u>An Unrealistic & Inaccurate Way of Thinking I Used Recently (the type)</u>	<u>A Specific Example of When I Used It Recently</u>	<u>The More Realistic & Accurate Statement</u>
4			
5			
6			