

My Unhealthy Assumptions Log 24

[Social-Emotional Skills Projects Module](#)

Directions: Use this log when you are experiencing unpleasant feelings and you realize that these feelings are caused not because of actual events, situations, or relationships in the present but because of inaccurate, unrealistic, irrational, or prejudicial assumptions and interpretations you are making.

<u>Situation # Date</u>	<u>What Am I Feeling & Why Am I Feeling This Way</u>	<u>What Inaccurate, Unrealistic, Irrational, or Prejudicial Interpretations & Assumptions Are Causing These Unpleasant Feelings</u>	<u>Replace The Inaccurate, Unrealistic, Irrational, or Prejudicial Interpretations & Assumptions With Accurate, Realistic, Rational, or Non Prejudicial Ones</u>
1			
2			
3			

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4			
5			
6			