Stress Management Training S4.b

Session Four

***Stress Thought Log - Example***

**Situation**  **Stress-provoking thought**

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After a social I talked too much, everyone must have

situation thought I was boring

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Talking to a She is much cleverer that I am

colleague

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Spilling your drink Everyone must think I'm drunk

in a pub

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Doing the housework, I must get this finished by lunchtime

or any job

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Your spouse is late He/She must have had an accident

home

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You have palpitations I'm having a heart attack

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Nursing a sick relative I ought to be more caring

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Passed over for promotion I'm a failure, I'll never get a better job

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Your child behaves badly It's my fault - it's the way I brought him up

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Stress Management Training S4.b

Session Four

***Stress Thought Log***

**Situation** **Stress-provoking thought**

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