

Changing Thoughts and Actions

worksheet located at <http://www.ColoradoCounseling.com>

In this type of process, you identify old, self-defeating thoughts and replace them with self-supportive, *realistic* (not just positive) thoughts. You also come up with new actions to strengthen the new thoughts. A blank worksheet is on page two.

Situation: I applied for my dream job, but didn't make it past the second interview.

Emotions: Disappointment, worry, guilt

Emotion	Thoughts that strengthen that emotion	New, self-supportive thoughts
Disappointment	That was my dream job. I can't believe that I didn't get it. I really needed to get that job.	I actually don't know if that would have truly been my dream job. Either way, I can congratulate myself for applying for it, and continue to keep an eye open for other jobs that might be good fits.
Worry	I might not be able to find another job like that. Maybe that was my last chance to find a job I liked.	It's doubtful that that was my "last chance." I might need to open my mind more about job possibilities, but there are tons of opportunities out there.
Guilt	I really blew it. I'm such a failure at this.	I'm not sure if I blew anything. Perhaps it just wasn't a good fit at this time. Even if I didn't ace the interview, it doesn't mean that I'm a failure.

New actions that I can take to strengthen my new thoughts: (1) I can clarify what I liked about that job, and brainstorm about other jobs that might be similar. (2) I can work on my interview skills. (3) I can apply for a few jobs that I'm not even interested in, just to have more interview practice. (4) I can congratulate myself for having the courage to go after my dream job.

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Situation:

Emotions:

Emotion	Thoughts that strengthen that emotion	New, self-supportive thoughts

New actions that I can take to strengthen my new thoughts: