

Event Tracker:

EXAMPLE #1

Once you've completed the event tracker, take a 2nd look and explain how changing your thoughts may lead to a better outcome. Explain what you could do differently next time. Ask yourself, do you have anything to base your thoughts on?

Event:

The tryout dates for the Cross Country Running Team, I'd like to be on, have been posted.



Thoughts:

I want to try out but I'll never make the team. I'm not good enough to make the team, I'm lousy at running. My friends will laugh at me and make fun of me.

Behavior:

Didn't sign up for the try out.

How I feel:

Feeling down on myself, ashamed, mad at myself and feeling worthless.