Event Tracker: EXAMPLE #2

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:

Speaking in front of a larger group or my class.

Thoughts:

Everyone will know I'm nervous, they'll see me sweating and I'll be so embarrassed, I know I'll screw it up.

Behavior:

Avoid speaking out, use the washroom or pretend I'm not feeling well.

How I feel:

Feel like I'm people phobic and fear speaking up. I feel bad and don't like feeling like this. I feel like I'm to anxious to talk in groups