

On the journey

Event (What happened?)



I argued with my boss yesterday. He is not happy with my performance.

Feelings



I feel sad because of what happened.

Thoughts



I felt like a loser. He is not happy from my performance, I am not appreciated.

On the journey

Behavior



How did I react to this situation?

I got very agitated!

Evidence



Is there evidence from the past indicating that you are this?

No, my husband values me very much!

Alternative Thoughts



I felt like a loser. He is not happy from my performance, I am not feeling appreciated.