

Date	Situation	Emotion or mood	Negative automatic thought	Evidence for the thought	Evidence against the thought	Alternative more balanced perspective
<i>[Date]</i>	<i>Having to speak in a group of people</i>	<i>Anxiety</i>	<i>I won't say anything interesting and people will think I'm boring</i>	<i>A few people were yawning and looking out of the window.</i>	<i>I was asked some interesting questions at the end so people must have been listening. Also, I got positive feedback from my manager and the evaluation forms.</i>	<p><i>Not everyone will find talks interesting – if they don't then it's my topic not me. Plus, it's 4pm on a Friday afternoon and the room is really warm.</i></p> <p><i>I was asked some good questions and a couple of people approached me afterwards to get more details and extra hand-outs. I did lots of research and made it interesting for people.</i></p>

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