REALISTIC THINKING FORM (E.g.)

Situation	Feeling (0 –10) 0 = no emotion 10 = most intense emotion	Anxious Thoughts	Realistic Thoughts	Feeling <u>after</u> Realistic Thinking (0-10)
Important interview tomorrow	Anxiety – 8	I always get so nervous about job interviews. I'm going to mess up tomorrow and I'll never get a job.	There is a chance that I might not do well in tomorrow's interview, but not performing perfectly on a job interview doesn't mean I won't get the job. Even if I don't get this job, it doesn't mean I will never get a job. I have always been able to find work. I can always get feedback on what I can do to improve my chances of getting another similar position.	Anxiety - 3



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