

Thought Tracking Your Brain

Our thoughts and feelings significantly influence our behaviors. The ability to choose how our thoughts and feelings impact what we do is a powerful tool. It allows logic to play a role in situations where feelings like fear and doubt often take control. The more aware you are of your thinking patterns under stress, the better prepared you are to both reduce existing stress and mitigate future stress.

This worksheet (continued on back) is designed to increase your awareness of your thoughts and feelings under stress. The end-goal is to challenge unhelpful thoughts so that you can make decisions based on logic and facts, instead of reacting to a misconception. Please refer to the accompanying Common Lawyer Thinking Errors sheet for a list of labels to help you identify the types of thoughts that might be counterproductive to your goals.

***NOTE: This exercise requires you to be brutally honest and aware of your internal voice. It may take some practice. Most people are not aware of the thoughts that cross their minds in reaction to a stressor because they assume those thoughts are truth, not thoughts that can be changed.

Event/Stressor	Feeling and Thought	Type of Thought	Alternative/Challenging Thought
(example: Colleague received new assignment, but I did not.)	(example: fear/I am not as valuable to the firm and might lose my job.)	Jumping to conclusions	(example: A colleague getting work doesn't mean that I will not get work.)

- Adapted from Alan Beck's Cognitive Behavioral Model

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