| Date / Time | Event or situation just before you felt the emotion | Distorted thinking - Beliefs and assumptions | Emotion and # | Corrective thinking - change the thinking to be realistic and helpful, take a different perspective, look for alternative explanations...

| 2 Apr 0315 | 1) Awake in the middle of the night | Not again! I am not going to be able to fall back to sleep | Frustrated “10” Anxious “9” Afraid “8” | Some awakenings are part of the normal sleep cycle. If I become anxious, it is less likely I will be able to fall back to sleep. I can get up and read and I may start to feel sleepy again.

Tomorrow is going to be awful!

I could be tired tomorrow, but I have tools to help manage being tired. Often, I function just fine if I did not sleep well the night before and because I’m so tired, I will likely sleep better the next night. |

| 10 Apr 2330 | 2) Getting ready for bed, brushing teeth | I bet it’s going to take me at least an hour to fall asleep tonight. I may as well get in bed now and get started | Anxious “10” Angry “5” | It certainly could take me a long time to fall asleep. Some nights are better than others, but it still takes longer than I’d like. However, if I get in bed too early it won’t suddenly make me sleepy and I’ll just lay there in bed awake longer.

Maybe if I just tried harder, I could sleep

If I do actually fall asleep anyway, I’ll just miss my alarm clock and then I’ll be late. |

|          |               |                                                                          |                     | Worrying about my alarm is not helpful for my sleep. I’ve never missed my alarm or been late yet, and even if I do, I have several hours to get to work after my alarm. |