

Balanced Thinking Journal

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Situation/Event	Automatic Feelings	Automatic Thoughts	Automatic Behaviors	Rational Alternative Thought	New Feelings	New Behaviors	New Conclusion
Identify the specific situation or event that upset you.	Reflect on your immediate emotional response.	Note the thoughts, assumptions, and interpretations that came to mind.	Observe how you instinctively reacted or wanted to react.	Challenge your initial assumptions and consider a more balanced, constructive perspective.	Once you replace the automatic thought with a rational alternative, recognize how your feelings change.	Determine how you will respond now that you have a clearer, more constructive perspective.	Reflect on the clarity and understanding you've gained and define how you will move forward.
<i>My partner has been quiet and not engaging with me like usual.</i>	<i>Worried, insecure, suspicious, rejected.</i>	<i>They don't love me anymore. Something is wrong with us.</i>	<i>I keep wanting to ask what is wrong but instead I am withdrawing and stewing on being angry at the possibilities of why their behavior has changed.</i>	<i>People have ups and downs. Maybe they are stressed about work or something to do with their family. I can ask instead of assuming it is about me.</i>	<i>Calmer, more open minded, less angry, more loving and compassionate toward my partner.</i>	<i>"Hey, I've noticed you've been quiet. Is something on your mind?"</i>	<i>My partner has been feeling overwhelmed and trapped with work stress and responsibilities. We came up with a plan to lighten their load and free up more of their time.</i>
<i>My partner made plans without telling me, and I had expected us to do something else.</i>	<i>Disappointed, annoyed, unimportant.</i>	<i>They don't care about spending time with me. They always just do what they want.</i>	<i>Passive aggressive, refuse to engage, lash out on them.</i>	<i>Maybe they thought I would be okay with it. I should clarify my expectations instead of assuming they ignored me on purpose.</i>	<i>More open to understanding and willing to communicate.</i>	<i>"I was looking forward to spending time together. Can we talk about how we make plans in the future so we are on the same page?"</i>	<i>My partner was not trying to be inconsiderate; we just need to communicate better.</i>