

Date and time	
1. Financial issue description:	Provide a detailed description of the financial issue or event that became stressful or resulted in negative feelings.
2. Emotions:	List the emotions you experienced during this financial situation.
3. Automatic thoughts:	What were your automatic thoughts during the experience? Note any other elements of your self-talk under 'self-talk about money'.
4. Irrational beliefs:	Examine your automatic thoughts. Which of them contain an irrational belief (extreme, rigid and/or unrealistic idea)? Write them down.