Exam Anxiety Thought Record  
Developed by M. Acreman, J. Bossio, C. Vatcher and F. Woolnough, Counselling services, Queen’s University, Ontario

<table>
<thead>
<tr>
<th>Write your anxious/negative thoughts below:</th>
<th>Identify thought distortion:</th>
<th>Balanced/realistic self-talk:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

For example:
1. I’m going to get everything wrong.
2. I’m going to fail.
3. My mind is going to go blank
4. I’m not as smart as everyone else

1. Catastrophizing: Focusing on worst possible outcome
2. Overestimating the probability of bad things happening
3. Pressuring yourself to be perfect (I should...)
4. Focusing only on the negatives (ignoring the positives)
5. Predicting the future (how can you know?)
6. Generalizing (ignoring differences in circumstances)
7. Underestimating your ability to cope

Ask yourself:
1. Is the thought true? Always? Is it only partially true? In what ways is it not true? Are there times when is it not true?
2. What is the evidence to support the thought? Evidence against?
3. How likely is it? If the worst happened, what would you do?
4. If you had to argue against this thought, what would you say?