

Date: 22-04-2026Day: S M T W T F STime: 2 pmLocation: At my office

What happened? (Situation)

I was at a small team meeting in the office in the afternoon.
Everyone was discussing ideas, and I felt that I might need to speak
next. I noticed people looking in my direction, and I started feeling
uncomfortable. I became aware of my breathing and felt my body
becoming tense.



What went through your mind? (Automatic Thought)

I thought I might say something wrong or sound foolish. I worried
that others might judge me or think I was not knowledgeable enough.
I also thought I might become nervous while speaking and embarrass
myself. I started thinking that others might notice my nervousness
and think I lacked confidence. I worried that my voice might shake or
I might forget what I wanted to say. I also thought that if I said
something incorrect, people might remember it and form a negative
opinion about me.



What emotion(s) did you feel at the moment?

Anxious | Fear | Overwhelmed | Emotional Numbness | Anger | Confusion
Sadness | Emptiness | Low Mood | Hopeless | Panic

1 I was anxious4 I felt panic2 I had confusion

5

3 I was feeling restless

6



Intensity of your emotion:

1 2 3 4 5 6 7 8 9 10



The Body's Response / Physical Sensations

*Chest Tightness / Stomach Cramps / Racing Thoughts / Muscle Tension
Shortness of Breath / Increased Heartbeat / Sweating / Jaw Tightness*

- | | |
|--------------------------------------|---------------------------------|
| 1 <i>My heart was beating faster</i> | 4 <i>My heartbeat increased</i> |
| 2 <i>I had shortness of breath</i> | 5 <i>My mouth became dry</i> |
| 3 <i>I felt slightly shaky</i> | 6 _____ |



Facts supporting this Thought

1. *I always feel nervous when I speak in front of others.*
2. *I sometimes struggle to find the right words when I feel anxious*
3. *Others in the meeting were speaking confidently, and I doubt myself*
4. *I have felt uncomfortable speaking in group settings before*
5. *I am unsure whether my idea was good enough to share*
6. *I noticed a few people looking at me*
7. *I felt my thoughts becoming unclear when I imagined speaking*



Facts against this Thought

1. *I have shared ideas in the past and nothing negative happened*
2. *Feeling nervous while speaking is common and usually not noticeable to others*
3. *People were focused on the discussion rather than evaluating me personally*
4. *My idea does not have to be perfect to be useful*
5. *No one in the meeting criticized anyone for speaking*
6. *Others may also feel nervous but still choose to speak*

Your Alternative / Balanced Thought

Feeling nervous in a group setting is very common, especially when I think I might be expected to speak. My body reacting with tension, faster heartbeat, and racing thoughts does not mean that I will perform poorly or embarrass myself. These are natural anxiety responses and do not necessarily affect how others perceive me. I may be assuming that others are judging me, but in reality, most people are focused on their own thoughts and what they want to say next. Even if I feel slightly nervous, it is unlikely that others will notice it as much as I think. People often appreciate participation and ideas, even if they are expressed briefly or imperfectly. I do not need to speak perfectly or confidently to contribute meaningfully. I have also handled similar situations in the past where I felt anxious, but things turned out fine. Even if I feel some discomfort, I can still participate and allow the anxiety to gradually settle.

Anything else you'd like to write?

Going forward I understand that meetings are just normal situations, and there is no real danger. I can allow myself to stay calm, focus on the discussion, and remind myself that I am capable of handling such moments.

Trace



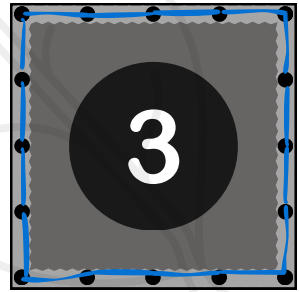
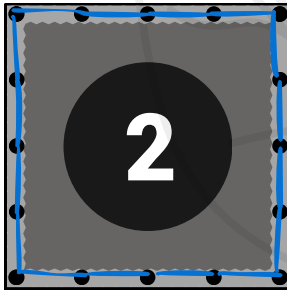
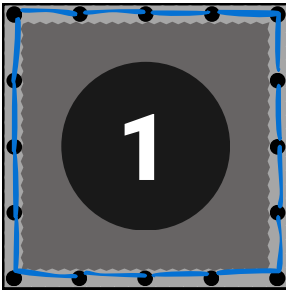
Current Emotion Rating:

4 / 10

Say this to yourself: "By writing this journal, I am training my mind to manage unhelpful thoughts."



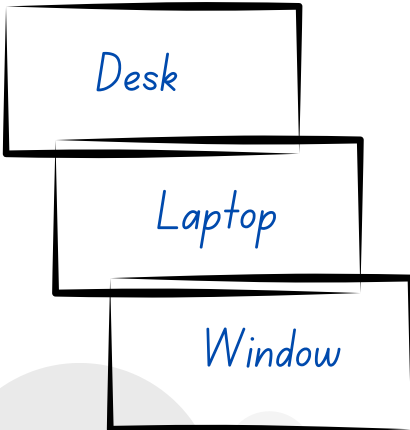
Box Breathing



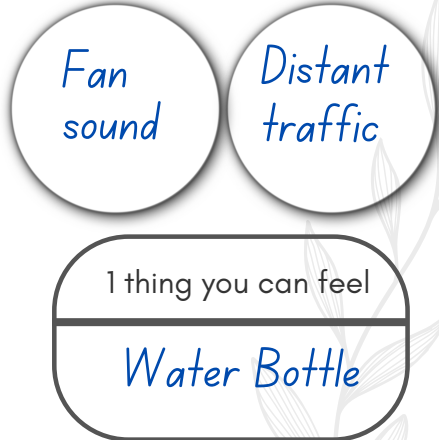
Mindfulness Grounding (3-2-1)



3 things you can see



2 sounds you can hear



Clench and Release: Tighten your fists and shoulders for 10 seconds and press your feet into the floor, then suddenly release and feel the tension leave.



How do you feel now:

- No change Slightly better Moderately better Much better