

David Burns' Procrastination Dysfunctional Thought Tracking Log

Task Interfering Cognition	Distortion	Task Oriented Cognition
Example: I really <i>should</i> start the work now, but I don't feel like it.	Example: Should statement; Emotional reasoning	Example: It would be to my advantage to start now.
1.	1.	1.
2.	2.	2.
3.	3.	3.

What is the task? _____

What is the negative feeling? _____