Burnout Buster: Conversations at Work

Exercise Goal: Identify the difference between your internal thoughts and what actually happened in a stressful conversation. This helps reduce mental chatter and bring clarity.

Step 1: Recall

Think of a conversation at work that left you feeling stressed or drained.

Step 2: Record

Fill in the table below with your thoughts & feelings versus what actually happened:

Your Thoughts & Feelings	What Actually Happened
Example: “They don’t value my input.”	Example: “They asked a follow-up question to clarify.”

Step 3: Reflect

- What differences do you notice between your perceptions and the facts?
- How does writing it down shift how you feel?
- What is one way you could respond differently next time?

■ Seeing it on paper often feels like taking a big mental sigh of relief.