

THOUGHT RECORD

Record your thoughts during specific 'trigger' situations below. Use a separate Thought Record for each different *situation* and *feeling / emotion* as each of these will be associated with different types of thoughts.

<p>Situation <i>(When -date, time; what; who; where)</i></p>	<p>Feeling <i>(can be described with a single word – eg sad, angry, scared)</i></p>	<p>Thoughts <i>(What was I thinking at the time, what does this say about me, my future, my life, and my relationships? What does this mean for me? What type of person am I?)</i></p>