

HOW DID IT MAKE YOU FEEL?
WHAT DO YOU THINK ABOUT IT?

WHAT HAPPENED? Describe the event as neutrally as possible.

HOW INTENSE ARE YOUR FEELINGS?

- 1 Barely a feeling
- 2 A normal/balanced feeling
- 3 Moderately strong feeling
- 4 Very strong but not life-ending
- 5 Super intense and you need to escape

WHAT THOUGHT PATTERNS DO YOU RECOGNIZE? Circle or write.

- ALL OR NOTHING
- BLAMING LABELING
- MAGNIFYING THE NEGATIVE
- JUMPING TO CONCLUSIONS
- OVERGENERALIZING
- SHOULD STATEMENTS
- PERFECTIONISM
- EMOTIONAL REASONING

HOW CAN YOU THINK ABOUT THE SITUATION DIFFERENTLY? If you can't reframe it now, come back later after you've had some space.

NOTES + OBSERVATIONS

THERAPY

NOTES

DATE:

NOTES + OBSERVATIONS

WEDNESDAY

000 ← WATER
000 MOOD

NOTE: ○

↓ SOMETHING CREATIVE ↓
ONE THING I DID TODAY

THURSDAY

WATER → 000
MOOD 000

NOTE: ○

↓ SOMETHING CREATIVE ↓
ONE THING I DID TODAY

FRIDAY

WATER → 000
MOOD 000

NOTE: ○

↓ SOMETHING CREATIVE ↓
ONE THING I DID TODAY

WEDNESDAY

WATER → 000
MOOD 000

NOTE: ○

↓ SOMETHING CREATIVE ↓
ONE THING I DID TODAY

FRIDAY

000 ← WATER
000 MOOD

NOTE: ○

↓ SOMETHING CREATIVE ↓
ONE THING I DID TODAY

THIS WEEK I AM TRACKING THINGS

SATURDAY

WATER → 000
MOOD 000

NOTE: ○

↓ SOMETHING CREATIVE ↓
ONE THING I DID TODAY

SUNDAY

WATER → 000
MOOD 000

NOTE: ○

↓ SOMETHING CREATIVE ↓
ONE THING I DID TODAY