

Handout 4



Situation / Event <i>What, Where, When, Who?</i>	Feeling (s) <i>What emotions did you feel?</i>	Thought (s) / Image (s) <i>What was going through your mind when you were feeling this way / in that situation?</i>	Unhelpful Thinking Styles? <i>Were you using any unhelpful thinking styles?</i>

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Thought Monitoring Diary