

DAILY THOUGHTS RECORD

When you notice a change in your mood, note down the situation you were in and the thoughts you were having just before you began to feel that way.

Situation Where were you and what were you doing?	Thoughts What was going through your mind just before you started to feel this? Rate how much you believed this thought <i>at the time</i> from from 0% (did not believe them) to 100% (absolutely sure they were true).	Emotions What emotions did you feel? Eg. Anxious/depressed. Rate the strength of this emotion from 0 (none at all) to 100 (strongest possible).	Behaviour What behaviour did you carry out in response to this emotion? Were you able to look after yourself?
<i>Who were you with?</i> <i>What were you doing?</i> <i>When was it?</i> <i>Where were you?</i>			