

## Thought Diary 1

<b>Situation / Trigger</b>	<b>How did you feel? (Emotions) and how bad was it? (Rate from 0= not at all, to 100%= as bad as it can be)</b>	<b>What did you notice in your body? (Physical sensations) and how bad was it? (Rate from 0= not at all, to 100%= as bad as it can be)</b>	<b>What went through your mind? (Cognitions: Thoughts/images) and how much did you believe it? (Rate 0 = not at all to 100%= absolutely sure)</b>	<b>What did you do? (Behaviours)</b>