

Thought Monitoring

Situation

BE SPECIFIC!

Feelings

WHAT DID YOU FEEL?
HOW INTENSE WAS IT IF YOU HAD
TO RATE IT OUT OF 10?

Thoughts

WHAT WAS GOING ON IN YOUR
HEAD? WRITE EXACTLY AS YOU
WERE THINKING.

Example:

I was at work and read an email asking me to call the furniture store to arrange delivery of my new desk. The email said it had to be done within 7 days or I would have to pay extra money.

I felt overwhelmed, anxious and worried.
I would rate it 8/10

I don't want to do this. It's too much. I'm already doing so many things this week. I can't deal with this. I don't even know when I'm home to be there for a delivery. I just can't.

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