



















# Catching Your Thoughts by

What we think affects the way that we feel. You can use this form to catch some of the thoughts that go through your mind. Fill it in whenever you notice strong feelings. Write down what you were doing in the situation box, how you felt in the feelings box, and what went through your mind in the thoughts box.

<b>Situation</b> Who were you with? What were you doing? Where were you? When did it happen?	<b>Feelings</b> What did you feel? (Rate how strong your feelings were 0–10)	<b>Thoughts</b> What was going through your mind? (Thoughts, images, or memories)
		
		
		

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