

PART 1: Monitoring Thoughts & Feelings: *using a diary*

Date / Time	Situation / Activity	How did you feel? Try to describe this in one or two words. Rate how intense this was at the time: 0 – 100	What was going through your mind at the time? What were you saying to yourself? Rate how strongly you believed this at the time: 0 – 100	What did you do to manage or cope? Rate how useful this was: 0 – 100 Can you identify anything else that might have been useful?