

SITUATION (What happened? Just the facts.):

OLD VERSION
Thoughts: (What did you tell yourself? How did you make sense of it? How did you answer the question, "Why?")

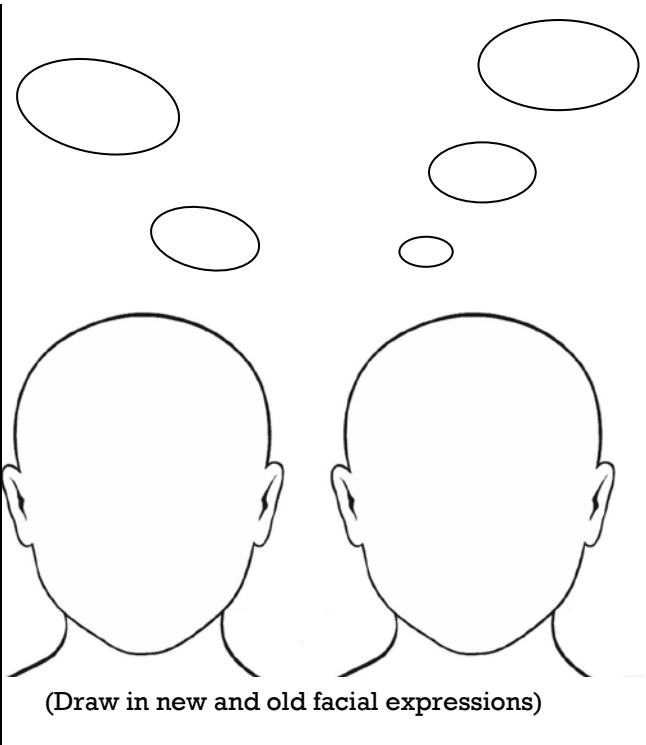
True? Helpful? How likely?

NEW VERSION
Thoughts:

Feelings (emotion words):
(rate 1-100)

Behaviors (what did you do?):

Consequences (good and/or bad):



Feelings (emotion words):
(rate 1-100)

Behaviors (what did you do?):

Consequences (good and/or bad):