

Thoughts, Emotions, & Behaviors Log

What's the situation?	What are you thinking?	What is happening to your body?		
<i>Where are you? Who are you with? What is going on or what are you doing? When is this happening?</i>	<i>What are you thinking about yourself? The situation? The people you are with?</i>	Emotionally <i>How are you feeling?</i>	Behaviorally <i>How are you behaving?</i>	Physically <i>What is your body doing or how does your body feel?</i>
Sample <i>In my room by myself after dinner preparing for a presentation to give in class tomorrow.</i>	Sample <i>"I'm going to mess up. I'm awful at talking to others. I'm going to look foolish. Everyone will laugh at me. I can't deal with this."</i>	Sample <i>Anxious Scared Worried Embarrassed</i>	Sample <i>I can't focus. I decide to pretend I'm sick and avoid it.</i>	Sample <i>Heart racing, Feel sick, Hands shaking</i>