

Thoughts, Emotions, & Behaviors Log

What's the situation?	What are you thinking?	What is happening to your body?		
<p style="text-align: center;"><i>Where are you? Who are you with? What is going on or what are you doing? When is this happening?</i></p>	<p style="text-align: center;"><i>What are you thinking about yourself? The situation? The people you are with?</i></p>	<p>Emotionally <i>How are you feeling?</i></p>	<p>Behaviorally <i>How are you behaving?</i></p>	<p>Physically <i>What is your body doing or how does your body feel?</i></p>
<p>Sample <i>In my room by myself after dinner preparing for a presentation to give in class tomorrow.</i></p>	<p>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></p>	<p>Sample <i>Anxious Scared Worried Embarrassed</i></p>	<p>Sample <i>I can't focus. I decide to pretend I'm sick and avoid it.</i></p>	<p>Sample <i>Heart racing, Feel sick, Hands shaking</i></p>