
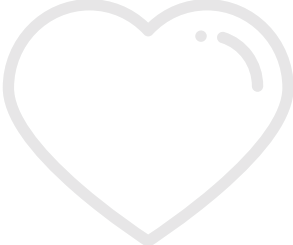


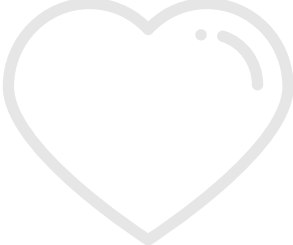


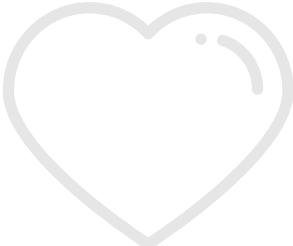




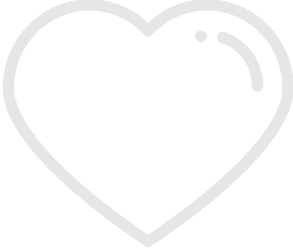


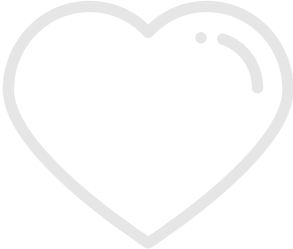


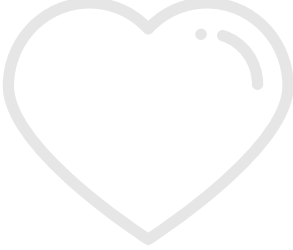


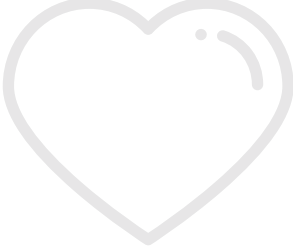

Catching Your Thoughts

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.

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


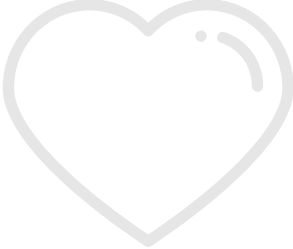
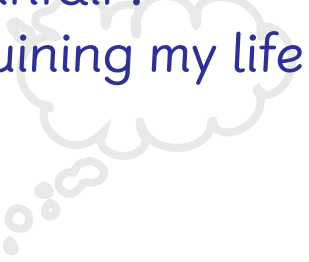
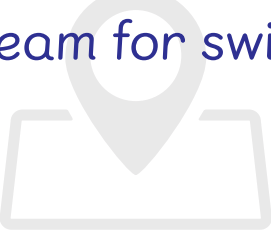
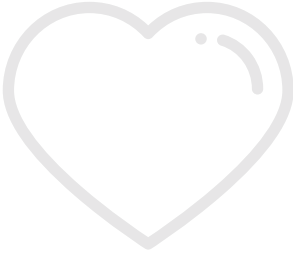
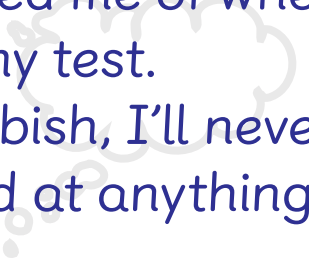
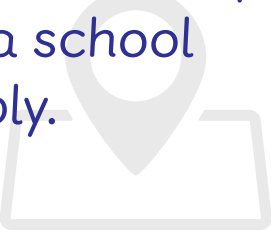
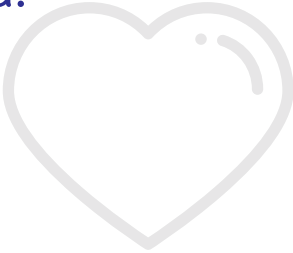
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Catching Your Thoughts

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

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Situation Who were you with? What were you doing? Where were you? When did it happen?	Feelings What did you feel? (Rate how strong your feelings were 0-10)	Thoughts What was going through your mind? (Thoughts, images, or memories)
Mom said I couldn't go out on Saturday night with my friends. 	Angry. 	It's so unfair! She's ruining my life! 
I didn't make it in my youth team for swimming. 	Sad. 	Reminded me of when I failed my test. I'm rubbish, I'll never be good at anything 
I have to stand up and talk in a school assembly. 	Scared. 	I will embarrass myself. Image of myself going red. 