

Simple Thought Record

Identifying our thoughts and feelings allows us to have a sense of control over the situations that drive us.

This exercise is designed to help you learn to harness the power of descriptive words and phrases.

With continued practice, this will become natural and effortless over time.

Situation Who, what, where, when?	Feelings What did you feel? Rate your emotion 0-100%	Thoughts What was going through your mind as you started to feel this way? (Thoughts or images)