ACTIVITY 7: Journaling your thoughts

Thinking about the stressors you described in the last module, use this worksheet to gain a better understanding of how your thoughts can impact the way you feel. Ask yourself the questions above and come up with a more balanced thought. Many people prefer to have their own monitoring booklet or diary. If you would like to use your own diary, we recommend that you buy a dedicated booklet or small notebook for that.

Describe the situation What happened?	List your thoughts What were you thinking? What did you say to yourself?	List the words to describe how you feel How did you feel?	Balanced thought
Forgetting to prepare food for my mother because I was running late for work.	"I am such a bad person." "I am letting her down."	Frustrated, upset, angry	I am trying my best, making one mistake does not make me a bad person. Forgetting to prepare the food was an unusual situation for me.