



Daily Thought Records

Building Awareness

Situation

Thoughts

Emotions
(Score 1-10)

**Body's
Response**

Behavior

Learning

Situation	Thoughts	Emotions (Score 1-10)	Body's Response	Behavior	Learning



Situation

Thoughts

Emotions
(Score 1-10)

**Body's
Response**

Behavior

Learning

Situation	Thoughts	Emotions (Score 1-10)	Body's Response	Behavior	Learning



Measuring Emotions

Situation

Thoughts

Emotions
(Score 1-10)

Behavior

**Alternative
Thought**

Emotions
(Score 1-10)

Situation	Thoughts	Emotions (Score 1-10)	Behavior	Alternative Thought	Emotions (Score 1-10)



Situation

Thoughts

Emotions
(Score 1-10)

Behavior

**Alternative
Thought**

Emotions
(Score 1-10)

Situation	Thoughts	Emotions (Score 1-10)	Behavior	Alternative Thought	Emotions (Score 1-10)



Facts vs. Interpretations

Trigger

Facts

Interpretations

Behavior

**Alternative
Thinking**

Learning

Trigger	Facts	Interpretations	Behavior	Alternative Thinking	Learning



Trigger

Facts

Interpretations

Behavior

**Alternative
Thinking**

Learning

Trigger	Facts	Interpretations	Behavior	Alternative Thinking	Learning



Creating a Balanced Perspective

Trigger

Emotions

**Automatic
Thoughts**

**Supporting
Facts**

**Contradictory
Facts**

**Alternative
Perspective**

Trigger	Emotions	Automatic Thoughts	Supporting Facts	Contradictory Facts	Alternative Perspective



Trigger

Emotions

**Automatic
Thoughts**

**Supporting
Facts**

**Contradictory
Facts**

**Alternative
Perspective**

Trigger	Emotions	Automatic Thoughts	Supporting Facts	Contradictory Facts	Alternative Perspective

