



# Daily Thought Record, version 1

Consequences	Awareness	Beliefs	Consequences
What did your body feel like? What did you emotionally feel? What did you do? How intensely?	What were you immediately aware of? What did you see, hear, touch, taste, smell, think &/or do? How intensely?	What went through your mind? What did you immediately think about this process? What did you think a little later? What distortions did you notice? How much did you believe them?	What did your body feel like? What did you emotionally feel? What did you do? How intensely?
			