



Daily Thought Record, version 2

STEP 4: What did your body feel like? What did you emotionally feel? What did you do? How intensely?

STEP 3: 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?

STEP 2: When did you notice this? What were you immediately aware of? What did you see, hear, touch, taste, smell, think &/or do? How intensely?

STEP 1: What did your body feel like? What did you emotionally feel? What did you do? How intensely?

