

THOUGHTS, EMOTIONS, BEHAVIORS WORKSHEET

Name: _____

Date: _____

Today I thought

POSITIVELY/NEGATIVELY

about

SELF/OTHER

Specifically, _____

CIRCLE ONE

CIRCLE ONE

I thought

YOUR THOUGHTS

YOUR THOUGHTS CONTINUED

Then I felt

YOUR EMOTIONS

YOUR EMOTIONS CONTINUED

I behaved with

YOUR SPECIFIC ACTIONS AS A RESULT OF THOUGHTS

YOUR SPECIFIC ACTIONS AS A RESULT OF THOUGHTS CONTINUED

My behavior was

POSITIVE/NEGATIVE

My Thoughts increased my joy

YES/NO

IF NO --

CIRCLE ONE

CIRCLE ONE

WHAT WILL YOU REPLACE YOUR NEGATIVE THOUGHTS WITH? LIST NEW SPECIFIC THOUGHTS

WHAT WILL YOU REPLACE YOUR NEGATIVE THOUGHTS WITH? LIST NEW SPECIFIC THOUGHTS CONTINUED