## Thought Log

Date		
Describe How You		
Got Angered,	!	
Depressed, or		
Anxious	!	
	!	
	!	
	!	
	!	
	!	
	!	
	1	
What Are You	1	
Hurting About?	!	
	1	
	1	
	1	
	1	
	1	
	1	
	1	
List the Lies	!	
Which May Be	!	
Causing Your Hurt	1	
	1	
	1	
	1	
	1	
	1	
	1	
	1	
	1	
	1	
List the Truths	!	
	1	
	1	