

Catching Your Music Thoughts

What we think about songs/music affects the way that we feel. You can use this form to catch some of the thoughts that go through your mind. Fill it in whenever you notice strong feelings after listening to a song or music. Write down what you heard in the **song/Music** box, how you felt in the **feelings** box, and what went through your mind in the **thoughts** box.

Song/Music What did you listen to? Who wrote the song/ music? Where were you when you heard this? Who were you with?	Thoughts What thoughts did you have about this song/ the artiste? What did you think about yourself? What images or memories came up?	Feelings What did you feel? (Rate how strong your feelings were 0-10)
		
		
		

LILY ARTS & WELLBEING LTD.

info@lilyartswellbeing.com | 0333 305 0617 | www.lilyartswellbeing.com

All Copyrights Reserved Lily Arts & Wellbeing 2020