

Situation/Thought Record

Situation / Trigger :
Where was I ?
Who was I with ?
What day/time ?
What happened ?
Emotions / Feelings :
What did I feel at the time ? - Emotions - Sensations Intensity 0 (low) – 100 (high)
What do I feel now as I recall it ? - Emotions - Sensations Intensity 0 (low) – 100 (high)
Thoughts / Images :
What was going through my mind ? - Thought(s) - Image(s)
What do I think now in reflection ? - Thought(s) - Image(s)
HOT thought :
Which thought carries the most emotional charge ?
Does this thought, or the emotion remind you of a previous event / situation ?
Reflection :