



MANAGING YOUR THOUGHTS DAILY TRACKER

Date and Situation:

Negative Thought:

How do I feel from (1 -10). (10) feeling/fearing the worst.
(1) not affected by the thought:

Am I blaming myself for things that are out of my control?

Is there any evidence to suggest that my negative thought is not true now?

Will this thought matter in 5 years' time?

If the negative thought is true what can I do about it?

Am I being too hard on myself? If so, why?

If my best friend or someone I loved had this thought, what would I tell them?

What can I choose to think now that puts my negative thought into perspective?

Read through your answers a few times. In re-thinking your negative thought how do I feel from (1 – 10)?