

# Thoughts and Behaviors Journal

Patient's full name: \_\_\_\_\_

Therapist's full name: \_\_\_\_\_

Date range: \_\_\_\_\_ to \_\_\_\_\_

Situation/problem	Thoughts & emotions	Behaviors & Actions
<p><i>Please indicate a certain problem or a situation that you found to be distressing, no matter how trivial.</i></p> <p><i>Please be as descriptive as possible.</i></p>	<p><i>When this problem or situation occurred, what went through your mind and how did you feel about it?</i></p> <p><i>Think in terms of while you were going through the problem / situation, and then after. Please be as descriptive as possible.</i></p>	<p><i>How did you behave in response to the problem / situation?</i></p> <p><i>What did you do in response to the problem / situation?</i></p> <p><i>Please be as descriptive as possible.</i></p>