

Emotions, thoughts and thinking errors log sheet

<p>Emotion (e.g., feeling low, anxious, relaxed etc - rate intensity 1 to 10 where 10 is the highest level of distress)</p> <p>Physical reaction within your body (e.g., heart speeding up, changes in energy levels, changes in perception of pain, stomach/chest tightening, clenching teeth/hands etc)</p>	<p>Thoughts that enter awareness (e.g., images, self-talk, meanings that you take from situations, future feared situations)</p>	<p>Thinking error (e.g., all or nothing thinking, minimisation etc.)</p>