

Worksheet for thoughts, physical reactions and emotions

Thoughts that enter awareness (e.g., images, self-talk, meanings that you take from situations, future feared situations)	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.)	Emotion (e.g., feeling low, anxious, relaxed etc - rate intensity 1 to 10, where 10 is the highest intensity of feeling)