

# how I am **thinking** diary

day	what happened?	what did I do?	how did I feel?	what was wrong with my thinking?
				
				
				
				
				
				
				

## instructions

- your worker will help you fill out this sheet
- you and your worker will fill out
  - what **happened**?
  - what did I **do**?
  - how did I **feel**?
- you will bring the sheet with you to the next session
- you and the therapist will talk about what you and your worker wrote
- you and the therapist will then fill out **what was wrong with my thinking?**