

my thoughts and feelings diary

day	what happened?	what did I do?	how did I feel?
			
			
			
			
			
			
			

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