

EXERCISE: Thought-Feeling Record

Over the next two weeks, use this thought-feeling record to keep track of your experiences of negative thoughts and feelings. Note that thoughts can sometimes take the form of images or memories associated with your experiences of anxiety, depression, or other negative emotions. When you notice yourself having negative thoughts and feelings, briefly note the distressing situation or circumstance, and then list the associated negative feelings. Use the third column to record what you were thinking while feeling distressed, and then circle the first thought that went through your mind. You can visit www.overcoming.co.uk to download copies of this thought-feeling record.

Situation	Feeling	Negative Thinking
1.		
2.		
3.		
4.		