

Worksheet 19.1: Threat-system-based thought monitoring form

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Time of day	Type of thought (e.g. threat-based - worrying, ruminating, or reassuring)	Content of thought (e.g. about work, family, health, the future)	How did this thought affect my feelings? (e.g. anxious, angry, sad, happy)	How did I deal with the thought? (e.g. ignored it, tried to stop it, tried to push it out of mind, acted on it)
Morning				
Afternoon				
Evening				