Date	Time	What was I doing?	How was I feeling?	What was my suspicious thought?	How did I react?
Sunday 7th	3.00pm	At home, watching TV	Bored, a bit down	Found myself thinking about work. Worried about the treatment I was going to get from work mates tomorrow. My thought was: 'They all hate me. They're against me.'	Felt pretty stressed. Spent the next hour or so worrying.
Sunday 7th	Evening	Ironing clothes for week	Still stressed at prospect of work	Thought about the report that my boss has asked me to write. Meeting with him on Wednesday. Am pleased with it but had the thought: 'No matter what I write he's going to pick it to pieces. He has it in for me'. I even thought then: 'He might set the others on to me to rough me up.'	Got angry with my boss! Then was angry with myself for caring.

Monday 8th	5.30am	In bed, just woken up	Very tense	Had a sense that today was going to be hard. Remembered how well I used to get on with everyone and spent a long time thinking about how I got from there to here. Thought: 'This hassle is going to keep on going on. It's psychological warfare.' Carried on worrying all the way to work.	Sad. Anxious about the day ahead.
Monday 8th	9.00pm	At home, reading the paper	Quite relaxed, but very tired	Struck me that today had actually been fine at work. Had gone out for drink with team at lunchtime (Chris's birthday). All very friendly. But boss wasn't there and I thought: 'If my boss was here then he'd say something to get at me.'	Cross at boss, cross with myself for having these thoughts even after a good day.