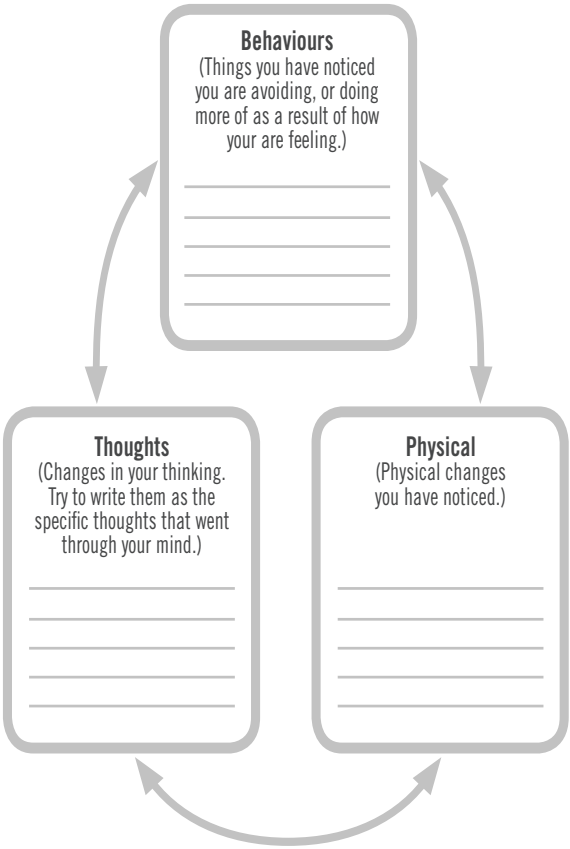
Behaviours
(Things you have noticed you are avoiding, or doing more of as a result of how your are feeling.)
Thoughts
(Changes in your thinking. Try to write them as the specific thoughts that went through your mind.)
Physical
(Physical changes you have noticed.)