

Diary 3: Catching what goes through our minds

<p>Where and when?</p>	<p>How did I feel?</p>	<p>What went through my mind?</p>
<p>When and where was I and what was I doing?</p>	<p>What emotion(s) did I feel? How strong was it? 1 (none at all) – 10 (the strongest possible)</p>	<p>What thoughts or pictures did I have in my mind? How much did I believe them? 1 (did not believe at all) – 10 (absolutely sure they were true)</p>