

Self-Monitoring Form: Challenging Negative Thoughts

Situation <i>What were you doing?</i>	Negative Emotions 0 (low) - 100 (high) <i>What were you feeling?</i>	Physical Sensations <i>What was happening in your body?</i>	Behaviours <i>What did you do?</i>	Is this behaviour helpful (short/long-term)?	Negative Automatic Thoughts <i>What were you saying to yourself?</i>	Challenging Negative Thoughts <i>Is there a different way to look at this situation?</i>