

Self-Monitoring Form: Monitoring 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>	Negative Automatic Thoughts <i>What were you saying to yourself?</i>	Behaviours <i>What did you do?</i>	Is this behaviour helpful (short/long-term)?