



Toolkit 1 - Learning Unit 11 Post-Intervention

Activity 1 Are you aware of your thinking process?



Workbook

Situation	Describe the situation that led to unwanted emotions or behaviors. Record only <i>the facts of what happened</i> , without any interpretation.
Thoughts	Thoughts are like an inner monologue. They can be statements or questions.
Emotions	Write a single word or a description of a feeling. If your feelings changed throughout the experience, describe that process.
Behaviors	Record what you did in response to the situation.
Alternate thought	What's a different thought you could've had? The goal isn't to be overly positive—you just want to be fair.





THOUGHTS RECORDS				
SITUATION	THOUGHT	EMOTION	BEHAVIOR	ALTERNATIVE
<i>Ex.: A car accident, injured family member.</i>	<i>I should stop them. This is my mistake. I should drove.</i>	<i>Anxiety Guilt Anger</i>	<i>Shouting at the medical staff. Asking family members for forgiveness.</i>	<i>I would do anything to prevent it, if I knew. This is not my mistake.</i>

Resource: thetherapistaid.com

