

Toolkit 1 - Learning Unit 11 Post-Intervention

Activity 6

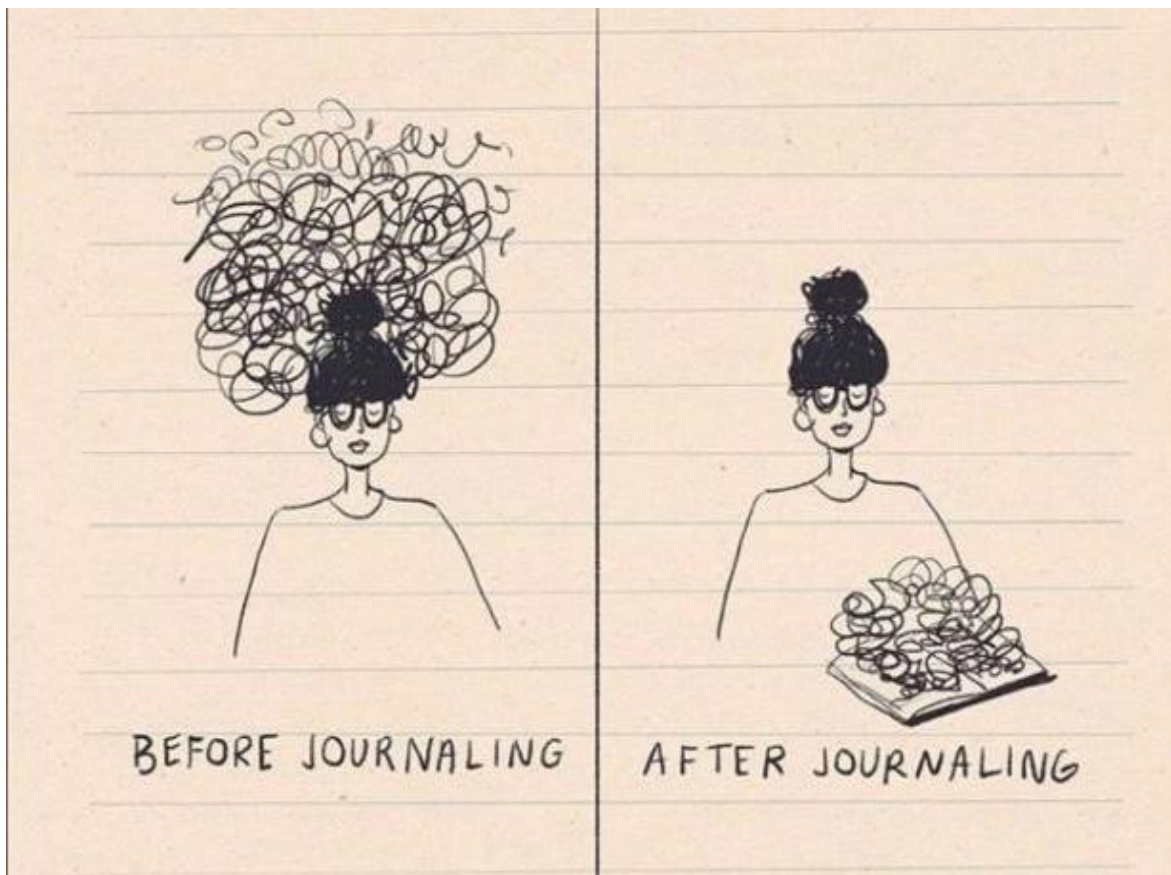
Do you regularly check your way of thinking?



Guide

Some people find it helpful to journal as part of the process. Even if you aren't sure at first what's caused your anxiety or sadness, writing down your thoughts may help you recognize a cognitive distortion or pattern.

As you practice self-monitoring, you'll likely start noticing distorted thought patterns more quickly.





**Psychological
Early
Intervention**

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Enter the date and approximate time

Describe the situation, background and circumstances

Recognize the emotions. Try to capture it in one word.

Record all your thoughts in the situations.

Rate how much you believe in the thoughts (in percentage).

Resources: healthline.com, Barefoot Coaching



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