



# THOUGHT RECORD LOG

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In cognitive behavioral therapy, a useful technique is writing out your thoughts and feelings. Use the spaces below to write out your experiences. I encourage you to be honest and practice non-judgement as you write.

## WHAT HAPPENED (EVENT):

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## WHAT DID I THINK IN THAT MOMENT:

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## HOW DID I FEEL IN THAT MOMENT:

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## WHAT DID I CHOOSE TO DO:

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