**Worksheet 12.1** Thought diary

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| **time/date** | **situation (What? Where? With whom? etc.)** | **What emotion did you notice? What rating would you give this out of 100 (where 0 is minimal or no emotion and 100 is the worst you have ever felt)** | **What thoughts did you notice?**  **What went through your mind?** | **Any other observations about this situation?** |
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