

## My Thought Record

<b>Situation:</b>				
<b>1. Current Thoughts</b>	<b>2. Feelings</b>	<b>3. Challenge the thought</b>	<b>4. Replacement:</b> <i>What is a more creative or assertive way of thinking?</i>	<b>5. Future Actions:</b> <i>How I will react differently next time?</i>