

EMOTION	EVENT	THOUGHTS	REACTIONS
List an intense emotion (positive or negative) that you had today.	List the event that happened or the situation you were in before you started feeling this way.	Try to remember how you started to think when the event or situation occurred. List any automatic "mental" movies/images/beliefs that come into your mind.	How did you act or respond to this event or situation? How would you have liked to have acted instead?