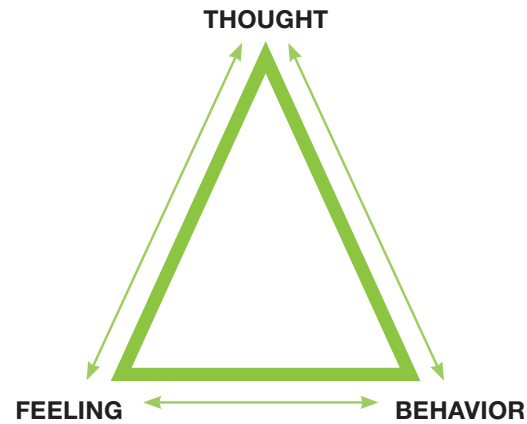


Thought-Feeling-Behavior Log

Changing what we normally do can help us break the cycle of negative thinking, feelings and behavior. When we see our reactions clearly, we can change them—and therefore change the way we feel.

Make a list of things that happened during the week where you've felt particularly depressed, anxious, or upset. Then ask yourself, what could I have done differently that would have been better for myself or the situation?



<i>Behavior</i>	<i>Thought</i>	<i>Feeling</i>	<i>What I would change...</i>
My mom yelled at me, so I left home.	She thinks I'm a bad kid. She never understands me.	Nobody gets me. I'm angry because I have no one.	I could have went to my room to cool off and then tried to talk to my mom.