

Situation (whom, what, where, when)	Emotion Felt? (Name it)	Rate it-on a scale of 1 to 10	Thoughts behind the same?
e.g. I shouted at my mother because she was not taking her medicines	Anger	10	1. "She will never listen to me." 2. "No one listens to me." 3. "I care for everyone but no one cares for me."