

**Session 7 At-Home Worksheet—  
Thought Record Log**

Name: \_\_\_\_\_

Date: \_\_\_\_\_

<b>Situation</b>	<b>Thoughts</b>	<b>Body Sensations</b>	<b>Emotions</b>
<i>Who's involved? What day? Where? When?</i>	<i>What's going through your mind (thoughts and images)?</i>	<i>What feelings did you experience in your body?</i>	<i>What emotions came up?</i>