

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

Name: _____

Date: _____

Situation	Thoughts	Body Sensations	Emotions
<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>