

Below are 6 columns with a question to ask yourself to help you review any experience that is going through your mind that is causing you anxiety or distress or for any experience you wish you could have handled differently. The questions gives you a chance to reflect on your thinking, when you're not reacting out of fear or anger. It will help you come up with better way of handling a situation. Work through each column with the help of the questions at the bottom.

Thought Review Sheet					
Describe the situation	Rate out of 10, how you feel	Do you experience any physical symptoms?	Are there any unhelpful Thoughts or Images going through your mind?	Can you think of a realistic thought or more balanced perspective?	Reflection
<p><i>What happened? Where? When? Who with? How?</i></p>	<p><i>What emotion did I feel at that time? What else? How intense was it?</i></p>	<p><i>What did I notice in my body? Where did I feel it?</i></p>	<p><i>What went through my mind? What disturbed me? What did those thoughts/ images/ memories mean to me, or say about me or the situation? What am I responding to? What 'button' is this pressing for me? What would be the worst thing about that, or that could happen?</i></p>	<p><i>Is this fact or opinion? What would someone else say about this situation? What's the bigger picture? Is there another way of seeing it? What advice would I give someone else? Is my reaction in proportion to the actual event? Is this really as important as it seems?</i></p>	<p><i>What could I do differently? What would be more effective? Do what works! Act wisely. What will be most helpful for me or the situation? What will the consequences be?</i></p>