

# Thought Tracking

What happened?

How did you feel?



CONTENT



BORED



WIGGLY



ANNOYED



HAPPY



DISAPPOINTED



WORRIED



FRUSTRATED



GOOFY



SICK



SCRAMBLED



MAD



EXCITED



SAD

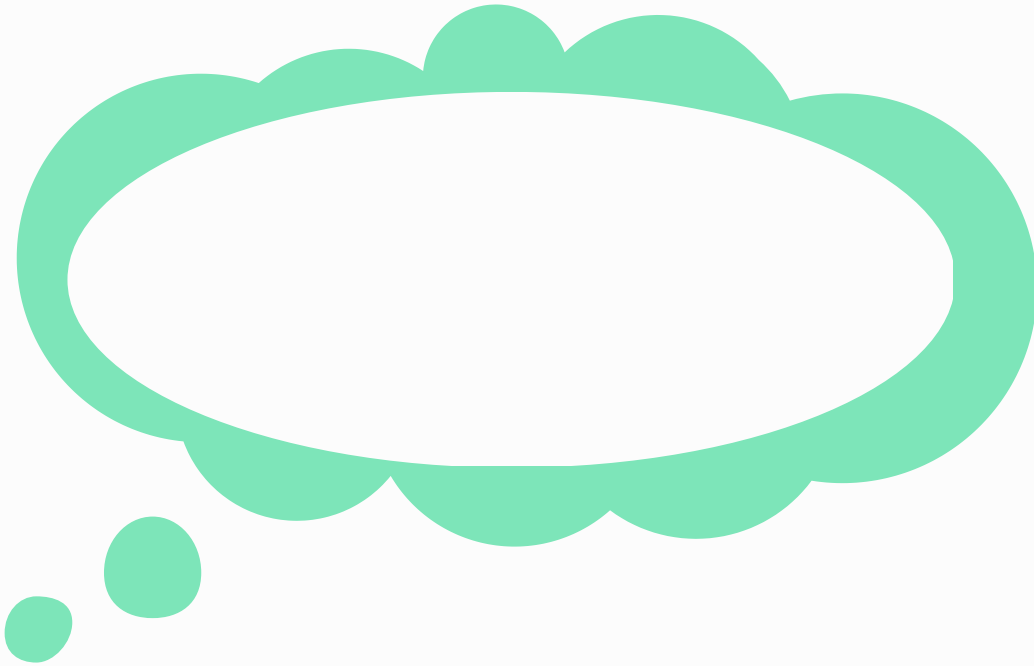


SCARED



FURIOUS

What did you think?



Was the thought true? Was it helpful? Are any thought traps catching you?

*My thought trap examples:*

What thought would be more helpful and more true?

