

## **Negative Thought Tracker**

Date & Time	Negative Thought(s)	Where was I?	Who was with me?	What event initiated the thought(s)?	What action(s) did the thought(s) cause me to take or not take?	How did the thought(s) affect my experience?

## Negative Thought Tracker (continued)

Date & Time	Negative Thought(s)	Where was I?	Who was with me?	What event initiated the thought(s)?	What action(s) did the thought(s) cause me to take or not take?	How did the thought(s) affect my experience?