



Daily Record of Thoughts, Feelings, & Actions

Name: _____

Date: _____

Situation: _____

(e.g., stress at work, conflict with partner, feeling down, unpleasant memories, substance use, worried, etc.)

Thoughts, Feelings, & Actions

Psychological reactions involve an interaction between thoughts, feelings, and actions.

Please use these three circles to write down what is going on with you today.

1. **Thoughts**

2. **Feelings**

3. **Actions**

Firing Order: How do these dimensions relate to one another? Does one part of the reaction trigger another? You can draw arrows to indicate relationships between elements.