

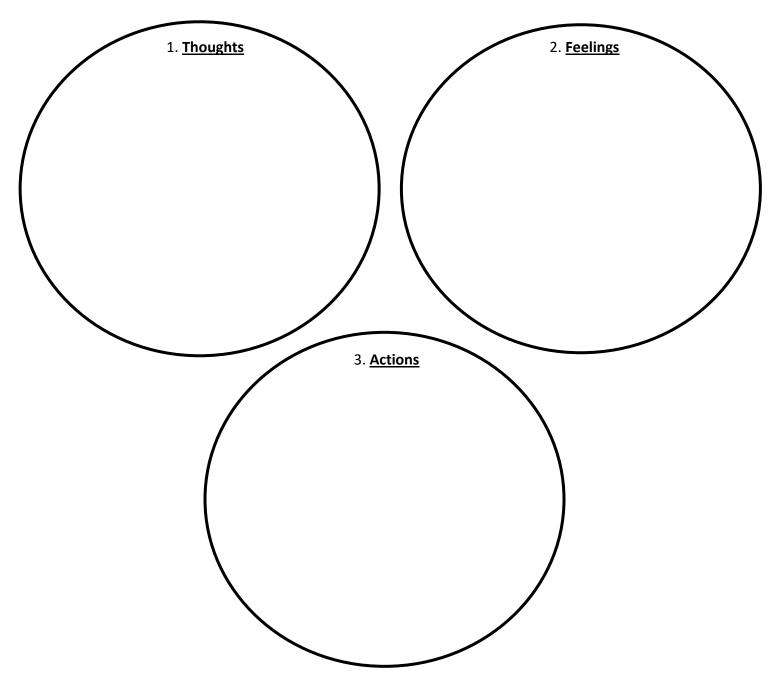
Daily Record of Thoughts, Feelings, & Actions

Name:	Date:
Situation:	coling down uppleasant memories substance use werried atc.)

(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.



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.