



Daily Diary

You might find it helpful to keep a diary that fits the '5 areas', although you may prefer to design your own. Use it to record things that happen, both positive and negative – it helps to have a balance instead of only recording problems or negatives and it may also help you to remember and record anything good that happens instead of just ignoring or forgetting it. Show it to your guide if you like, or ask them for help if you find it difficult to do - it may not be easy to start with, especially if you are not used to keeping a diary.

SITUATION	MOOD(S)	PHYSICAL FEELING(S)	THOUGHT(S)	BEHAVIOUR(S)	OUTCOME
Where? When? Who?	Rate 0-10	Rate 0-10	What was going through your mind?	What did you do?	What happened? How did you feel afterwards?

