

Daily Diary

This diary sheet lets you record what happens to you so that you and your guide can talk about it and about what you can try to do or think differently if a similar situation happens again. You can use the diary to record happy or positive situations as well as difficult or negative ones. It is based on the 'Five Areas' model... FOR MORE LEAFLETS IN THIS SERIES GO TO www.primarycare-selfhelp.co.uk

Name

SITUATION Who? When? Where?	MOOD / FEELING Rate 0 - 10	PHYSICAL SYMPTOMS Rate 0 - 10	THOUGHTS / IMAGES What was going through your mind?	BEHAVIOUR What did you do?	OUTCOME What happened? How did you feel afterwards?