

Stress thought record (For use with audio programme¹)

When you notice a change in your stress or anxiety levels, or notice that your thoughts filled with threat and worry, use this record to note what's going on. Then use this record to analyse and challenge any unhelpful thinking.

| Date & time | The lead-up or context Where was I? What was I doing? Was anyone else there? | The event What did I notice? What did I think or imagine? What did I fear might happen? Did I have any "What if....?" thoughts? How stressed did I feel (0=fully relaxed, 10 =maximum stress)? | What happened next? Did I stay or leave? Did what I feared happen? Did my stress reduce? How did I explain what happened? Is there an alternative explanation? |
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¹ Stress management programme found at www.StressCDs.co.uk or www.StressDownloads.co.uk

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