

Thought Analysis

This is a really powerful method to analysing your thoughts, feelings and behaviours. Print this out whenever you need to find peace.

Event

What happened?

Feelings

How did it make me feel?

Thoughts

What was I telling myself when the event was happening?

Behaviour

What was my response to the situation?



For more helpful information on mental health or to claim your FREE Beginner's Guide to Anxiety visit:

www.JellyheadHQ.com