

Thoughts Log

You might record your thoughts and emotions in order to see how they are connected. This will help you use your thinking to change your feelings so that you can function better in life as well as so that you can feel better.

Name the day you make the thought-emotion connection. Notice whether it is morning, afternoon, evening, or night when you make this connection. Have you noticed that any of your moods are connected to a time of day? For instance do you awaken cheerfully most mornings? There might be something you are unconsciously associating with a time of day that may help you to discover.

Write the emotion you connect to the thought. Remember, emotions have names: Sad, glad, mad, jealous, angry, happy, joyful, etc. Don't write a sentence here, just the name of the emotion. If you have trouble making this connection, don't worry; many people do as well. Try [GETTING IN TOUCH WITH YOUR EMOTIONS](#) (you'll find it in a drop down box on the left margin of the Homepage) to improve your skill at this.

Write the thoughts you have that are connected with the emotional feeling you experienced. Now you may write phrases or sentences. Try to write what goes through your mind as accurately as you can. This can be tricky because it requires that you *think about your thinking*. It is interesting to do, and frequently very revealing. You may really like this exercise.

Here is an example:

Day	Time	Emotions	Thoughts
_____	_____	_____	_____
		_____	_____
		_____	_____