

# Thought Reflection Journal

Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

## Mood Tracker

Choose a face



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## Thoughts I had today



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## Unhelpful Thinking Styles I used



Predicting



Mind Reading



Shoulds & Musts



Critical Self



Catastrophising



Black & White

## How can I reframe these thoughts?

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## My Reflection: What I learned

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