My Thinking Journal

Keeping a thinking journal means taking time to write out some of my thoughts every day. So, I will choose something I am thinking about during the day and write truthfully about whatever I am thinking.

I will also write about any of my unacceptable behavior today. I will list the facts about the situation. Then I will list at least 2 tactics I used and a responsible corrective for each tactic. I will also write my thoughts about the situation and my feelings and attitude about the situation. I will make a special note of any irresponsible thoughts, beliefs, or feelings.

After I have written all my thoughts I will read over my journal. I will check myself to see if my thoughts are helping me show respect to others and helping me to earn self-respect.

I do not need to change my thinking journal. I will use it to keep my thinking in check and to measure my progress.

My name: _____

My thinking journal today _____ (date)

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