My Thinking Journal

Name: _____ date _____

_____

_____

_____

_____

_____

_____

_____

_____

_____

Irresponsible thinking and behavior (list thinking barriers and behavior): _____

_____

_____

Tactics I used (list at least two): _____

_____

_____

What I will do different. I will commit to do whatever it takes to _____

_____

_____

_____

Copyright 2001, Truthought, LLC. Permission is granted to reproduce this document.
This copyright notice must appear on all copies.
For more resources visit Truthought.com

truthought®