DATE: _____

MY THOUGHT JOURNAL

Write about any unacceptable behavior by filling in the blanks below.
**Mark risky thoughts or feelings.

Facts about the Situation:

My Thoughts about the Situation:

Tactics I used:

1.

2.

My Feelings about the Situation:

Correctives to Tactics I used:

1.

2.

My Attitude/Belief about the Situation:

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