Thinking Journal *Date*

Write your name or put a mark on the continuum that best shows where your thinking is today.

In the first column check one category that best describes how you are thinking today according to the mark you made on the continuum above. In the second column add the total of all categories for each day so far.

Today:	Total so far:
_____Responsible thinking	_____Responsible thinking
_____Irresponsible thinking	_____Irresponsible thinking
_____Arrestable thinking	_____Arrestable thinking
_____Extreme (Arrestable) thinking	_____Extreme (Arrestable) thinking

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