**Thoughts**

**What helped/didn’t help**

Was there anything you did, or thought about, to try and help at the time?

It may have made sense and helped make you feel better at that moment, but thinking about it now, was there anything not so good about doing this?

Has it helped with fears overall or is it keeping them going?

**Feelings/Mood**

**The example**

**What happened in my mind**

**What I did/avoided doing?**

**My responses**