

MY
THERAPY
Journal



DAILY PLAN

Date: _____

Today's Log

06:00 AM	_____
07:00 AM	_____
08:00 AM	_____
09:00 AM	_____
10:00 AM	_____
11:00 AM	_____
12:00 PM	_____
01:00 PM	_____
02:00 PM	_____
03:00 PM	_____
04:00 PM	_____
05:00 PM	_____
06:00 PM	_____
07:00 PM	_____
08:00 PM	_____
09:00 PM	_____
10:00 PM	_____
11:00 PM	_____

Priorities

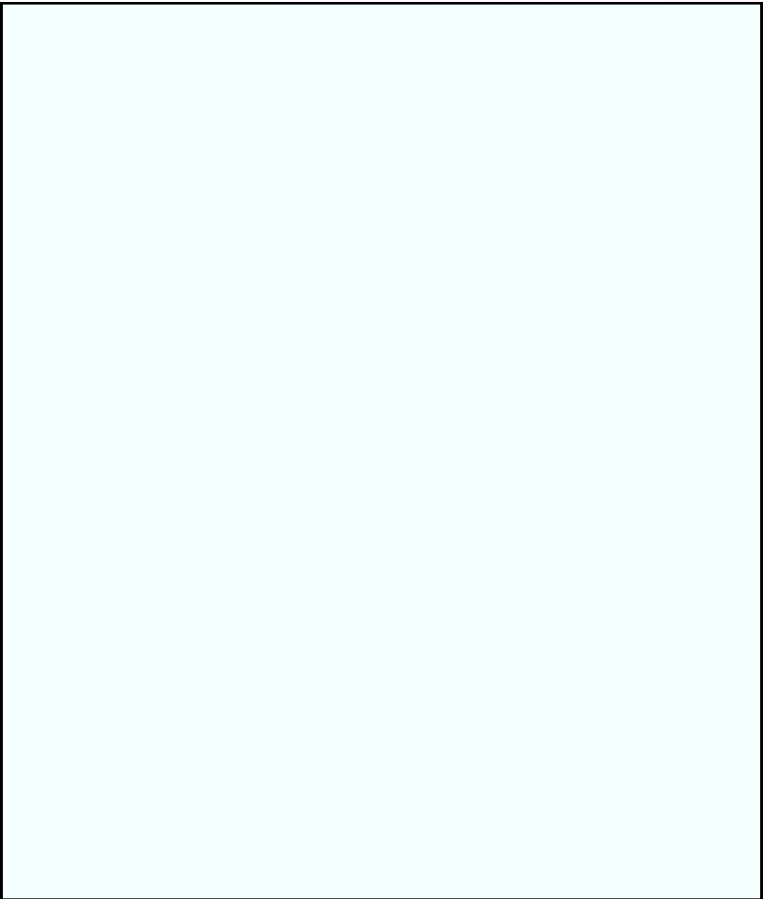
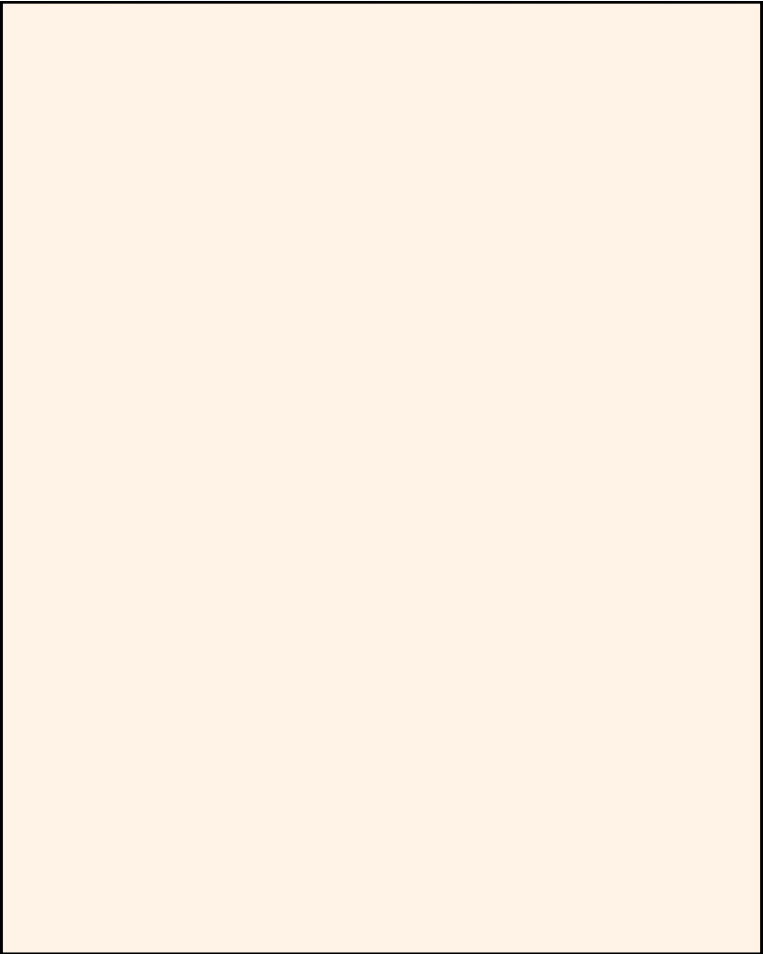
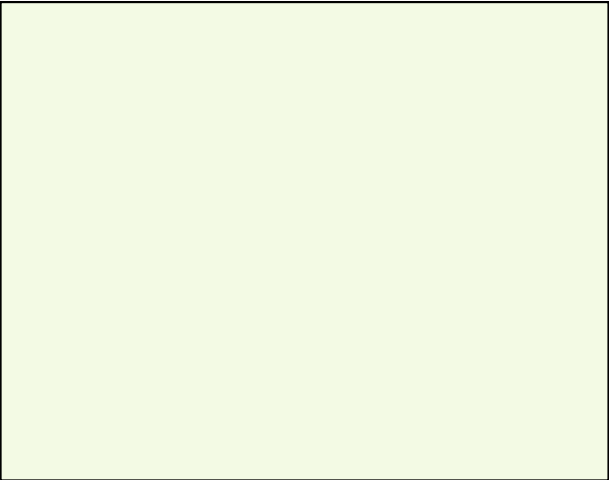
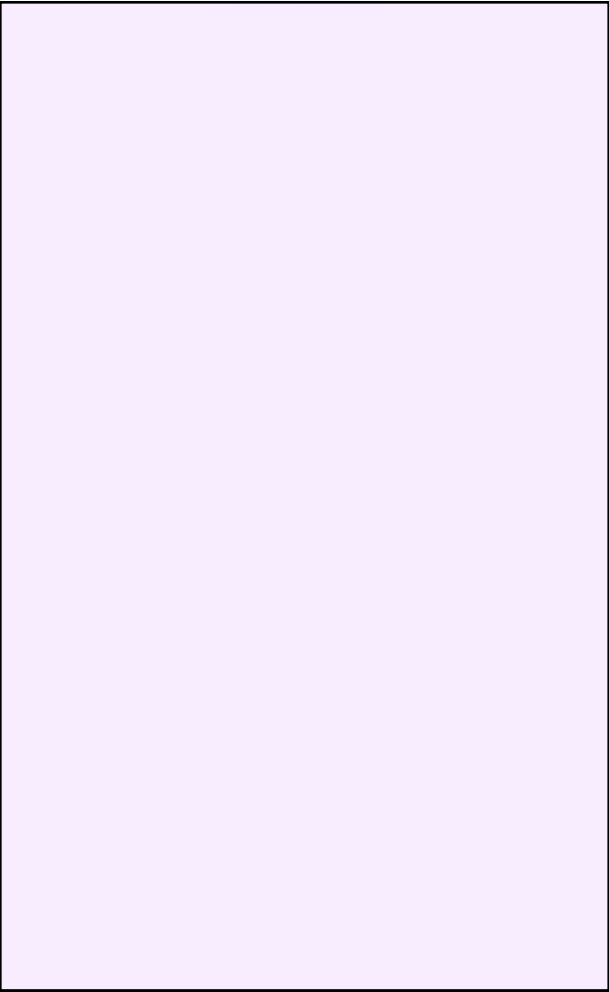
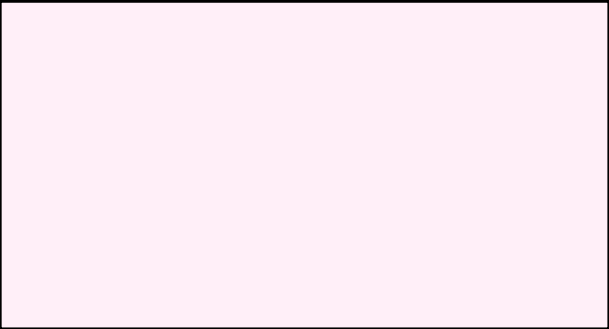
Emotions / Mood

To Do

☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____

Notes

IMPORTANT



MOOD TRACKER

[illegible]

IMPORTANT



KEYS

- ☐ AMAZING
 - ☐ GOOD
 - ☐ PRODUCTIVE
 - ☐ AVERAGE
 - ☐ RELAXED
 - ☐ EXHAUSTED
 - ☐ DEPRESSED
 - ☐ BORED
 - ☐ SICK

NOTES

[illegible]

MY GRATITUDE LOG

WHAT I AM GRATEFUL FOR?

[illegible]

MANAGING ANXIETY

Today I am grateful for	Today I am praying for
Top stresses	What can be done?
To do	Write everything what's on your mind. How can you make the tasks more managable?

INSTEAD OF

TODAY, WHEN I FEEL ANXIOUS, INSTEAD OF...

I WILL USE THESE COPING SKILLS:

ANXIETY DIARY

[illegible]

MONDAY

Date: __/__/____

Mood

[illegible]

Physiological Symptoms

[illegible]

Medication

Daily Reminder

[illegible]

TUESDAY

Date: __/__/____

Mood

[illegible]

Physiological Symptoms

☐	
☐	
☐	
☐	
☐	

Medication

Daily Reminder

[illegible]

WEDNESDAY

Date: __/__/____

Mood

[illegible]

Physiological Symptoms

Medication

Daily Reminder

[illegible]

THURSDAY

Date: __/__/____

Mood

[illegible]

Physiological Symptoms

Medication

Daily Reminder

[illegible]

FRIDAY

Date: __/__/____

Mood

[illegible]

Physiological Symptoms

☐	
☐	
☐	
☐	
☐	

Medication

Daily Reminder

SATURDAY

Date: __/__/____

Mood

[illegible]

Physiological Symptoms

[illegible]

Medication

Daily Reminder

[illegible]

SUNDAY

Date: __/__/____

Mood



Physiological Symptoms

9

5

□

☐

Medication

Daily Reminder

[illegible]

STOP WORKSHEET

NOTICE THE DISTRESSING THOUGHT, IMAGE, MEMORY, TRIGGER.	WRITE YOUR REACTION AND ALTERNATIVE, HEALTHIER RESPONSE IN THIS COLUMN.
STOP 	
TAKE A BREATH 	
OBSERVE - DESCRIBE THE FEELINGS, IMAGES, THOUGHTS, TRIGGERS.	
PULL BACK - WHAT'S THE BIGGER PICTURE? TAKE THE HELICOPTER VIEW. IS THIS A FACT OR OPINION? IS THERE ANOTHER WAY OF LOOKING AT THIS?	

Notes

ANGER DECISION SHEET

[illegible]

PRIORITIZING GOALS

GOAL STATEMENT:

WHAT ACTION STEPS ARE NEEDED?

WHERE WILL I START? WHERE WILL I BE IN A MONTH? A YEAR?

WHAT IS THE EASIEST PART OF ACHIEVING MY GOAL?

WHAT IS THE MOST DIFFICULT PART? WHAT CAN I DO TO EASE THE PROCESS?

[illegible]

MY PRIORITIES

Date: __/__/----

DO IT NOW	DEFER
DELEGATE	DELETE

WEEKLY PRIORITIES

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

GOALS FOR THE WEEK

[illegible]

Notes

[illegible]

DISTRACTION TRACKER

[illegible]

BUILDING PATIENCE

TODAY I SHOWED PATIENCE BY...	THE SITUATIONS WHERE I SHOULD HAVE SHOWN MORE PATIENCE:
WHAT HELPS ME TO STAY PATIENT?	WHAT TRIGGERS MY IMPATIENCE? WHAT CAN I DO TO AVOID IT THE NEXT TIME?

PUT THINGS BACK WHERE THEY BELONG

[illegible]

THOUGHT LOG

[illegible]

MAKE YOUR DREAMS COME TRUE

How is my normal day different from the ideal day?

Is there anything I can do NOW to make my life better?

How will I feel if get a chance to live my dream day?

What things make it seem so perfect?

Notes

MAKE YOUR DREAMS COME TRUE

What things will help me to start living my dreams?

What already makes my life good?

What do I need to change?

How much money do I need to start living my dream life?

Notes

WHAT THINGS MAKE ME FEEL STRESSED?

WHAT THINGS MAKE ME FEEL STRESSED?

What do you think most people are stressed about?

What stresses me out the most?

What is within my control, and what is without?

WHAT THINGS MAKE ME FEEL STRESSED?

Will anything change if I worry about it?

Can I improve this situation by changing my attitude towards it?

Do I make small problems seem big? In what ways?

WHAT THINGS MAKE ME FEEL STRESSED?

Do I absorb other people's emotions?

Do certain people make me feel worse after i talk to them?

Can I do anything about it?

THERAPY NOTES

Date: __/__/____

Important

Others

Notes

THERAPY NOTES

RATIONAL THOUGHTS REPLACEMENT

Become aware: Identify self-talk

Identify a self-statement that is inaccurate or negative

Identify feelings and behaviors related to this thought

Rate your belief in the negative thought

Belief Rating: _____

RATIONAL THOUGHTS REPLACEMENT

Challenge yourself: dispute the negative self-talk

What actual support is there for this idea?

What evidence exists that this idea is false?

What is the worst thing that could happen to me?

What good things might occur?

Notes

RATIONAL THOUGHTS REPLACEMENT

Discard the distortion: change the negative thought to a more rational one

What can I say to myself that will reduce excessive negative feelings and help me to cope with the situation appropriately?

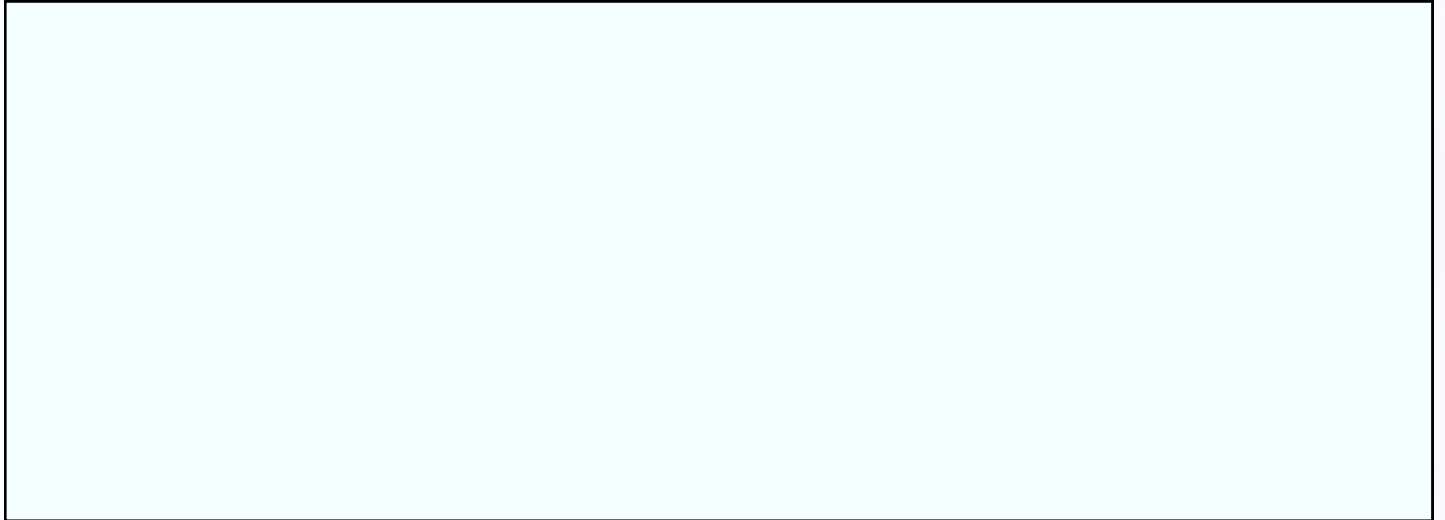
How do I want to feel and act in this situation? What do I need to say to myself that will help bring that about?

Rate your belief in your rational responses (0-100%)

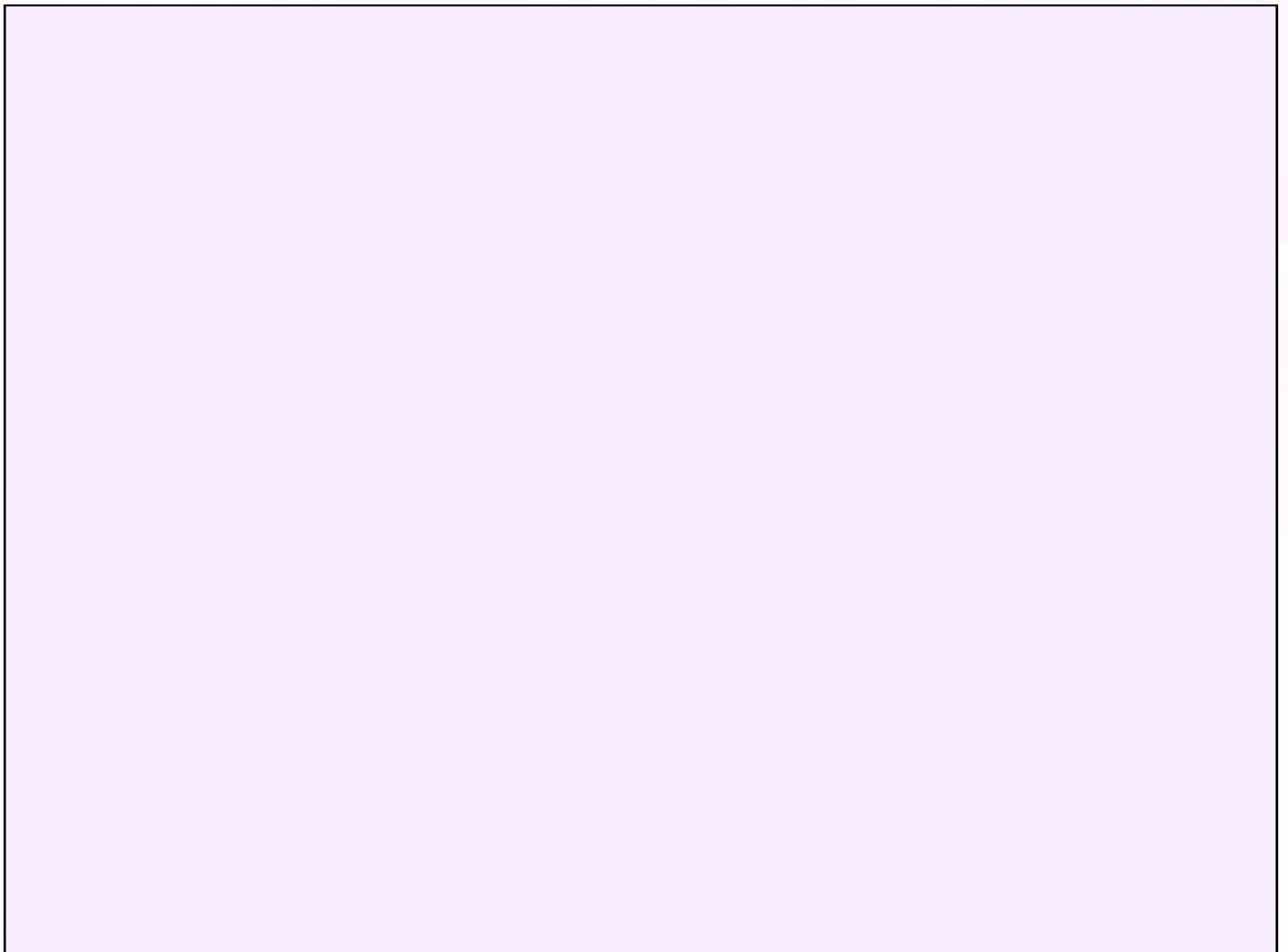
RATIONAL THOUGHTS REPLACEMENT

Evaluate the outcome

Re-rate your belief in your negative self-talk (0-100%)



CONCLUSION:



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MY MINDSET

[illegible]

CHANGE YOUR MINDSET

[illegible]

MY STRESS FACTORS

[illegible]

MY SELF ESTEEM

10 WORDS (POSITIVE OR NEGATIVE) THAT DESCRIBE ME BEST

10 OF MY STRENGTHS

10 OF MY WEAKNESSES

"PUT DOWNS" THAT I TELL MYSELF OR OTHERS SAY ABOUT ME WHICH
AREN'T TRUE

[illegible]

MY PERSONAL BOUNDARIES

HEALTHY BOUNDARIES IN MY RELATIONSHIP

WAYS TO IMPROVE THEM

UNHEALTHY BOUNDARIES IN MY RELATIONSHIP

WAYS TO IMPROVE THEM

MY PERSONAL BOUNDARIES

[illegible]

COUNTERING ANXIETY

[illegible]

COUNTERING ANXIETY

DESCRIBE SITUATIONS THAT TRIGGER YOUR ANXIETY

COUNTERING ANXIETY

IMAGINE YOU ARE FACED WITH ANXIETY-PRODUCING SITUATIONS FROM ABOVE. DESCRIBE THE
WORST OUTCOME
BEST OUTCOME
LIKELY OUTCOME
WOULD IT STILL BE IMPORTANT 1 YEAR FROM NOW? WHY?

ANXIETY BREAKDOWN

WHAT IS TRIGGERING MY ANXIETY?

WHAT THOUGHTS AM I HAVING?

HOW IS MY BODY RESPONDING?

WHAT CAN I DO TO CALM MY BODY DOWN?

WHAT HELPS ME TO REDUCE ANXIETY?

ANXIETY VS TRUTH

[illegible]

DECATASTROPHIZING

WHAT AM I WORRIED ABOUT?

HOW LIKELY IS IT THAT MY WORRY WILL COME TRUE? GIVE EXAMPLES.

IF MY WORRY DOES COME TRUE, WHAT'S THE WORST THAT COULD HAPPEN?

IF MY WORRY DOES COME TRUE, WHAT'S MOST LIKELY TO HAPPEN?

WOULD IT STILL BE IMPORTANT 1 YEAR FROM NOW? WHY?

BRAIN DUMP

[illegible]

[illegible]

PERSONAL REFLECTION WORKSHEET

Do you like who you have become?

What's your favorite thing about yourself?

What are your core strengths?

Which three words describe you best?

MEDICATION TRACKER

[illegible]

VITAMINS & SUPPLEMENTS

[illegible]

DOCTORS VISITS

[illegible]

PROCRASTINATION TRACKER

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[illegible][illegible]

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[illegible][illegible]

WHY DO I PROCRASTINATE?

[illegible]