

Describe a specific situation

Situation

Thoughts

Emotions	Physical
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Behaviours and impact / intent

Activity Diary

Increases self-awareness and makes unconscious choices conscious.

Step 1 – Keep a diary

- What are you doing?
- Ratings for e.g. mood ratings, ratings of fun/achievement/closeness

Step 2 – Review together

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday