

## Situation Logsheet

<b>What Happened</b> What, where, when, who with	<b>Thoughts</b> <ul style="list-style-type: none"> <li>• What words or images went through my mind?</li> <li>• What meaning did I give the situation?</li> </ul>	<b>Feelings</b> What emotions did I feel? <b>Rate 0 – 10 (10 worst)</b>	<b>Another explanation?</b> <ul style="list-style-type: none"> <li>• Is this fact or opinion?</li> <li>• Is there another way of looking at it?</li> <li>• What advice would I give a friend in this situation?</li> </ul>	<b>What did I do? (Did it help?)</b> <b>What could I do differently?</b> <ul style="list-style-type: none"> <li>• What would help me feel better?</li> <li>• What's the best thing to do?</li> </ul>
<b>Example:</b> Friend put the phone down on me	She hates me No-one loves me I'll never have any friends	Hurt Sad 8/10	Maybe she was feeling bad about what she'd said & needed to get away, or maybe there was something else going on for her.	What I did: Shut myself in room and cried. Made me feel worse.  What I could do: I'll ring her tomorrow and see how she is.