## Situation Logsheet

<table>
<thead>
<tr>
<th>What Happened</th>
<th>Thoughts</th>
<th>Feelings</th>
<th>Another explanation?</th>
<th>What did I do? (Did it help?)</th>
<th>What could I do differently?</th>
</tr>
</thead>
</table>
| What, where, when, who with | - What words or images went through my mind?  
- What meaning did I give the situation? | - What emotions did I feel?  
**Rate 0 – 10**  
(10 worst) | - Is this fact or opinion?  
- Is there another way of looking at it?  
- What advice would I give a friend in this situation? | - What advice would help me feel better?  
- What’s the best thing to do? |

### Example:

- **Friend put the phone down on me**
  - She hates me  
  - No-one loves me  
  - I’ll never have any friends
  - Hurt  
  - Sad  
  - 8/10

- **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.