

Be aware of when you feel 'down', sad, 'blue'. When you come across a time like this, write down, where you are and what you are doing, (it could have been a little time before this feeling came along. Also focus on how you can feel differently about the thought / feeling. Distance yourself from the thought / image. After doing this see if the % you originally wrote can be reduced.

Time / Place	Emotion	Thought / Image	Focus on different response
What were you doing when you felt down / sad / blue? Such as sitting alone thinking about the past?	Use a few words to describe your feelings, and the strength of the emotion, from 5% - 100%	What were you thinking about at the time you felt let down. How much did you believe in that thought or image. 5% - 100%	Distance yourself from the thought / image. Focus on a different response. When you have completed this, see if you can reduce the percentage you gave in the last two columns. Cross out the old and enter a new percentage value.
Time / Place	Emotion	Thought / Image	Focus on a different response

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