

Week 1, Day 5: The Power of Thoughts

When you're feeling anxious, notice the thoughts you're having, your feelings, and your actions. Record your observations in the spaces below.

1. Situation	Thoughts	Feelings
		Actions
2. Situation	Thoughts	Feelings
		Actions
3. Situation	Thoughts	Feelings
		Actions

How do your thoughts seem to affect your feelings and actions? Write your observations in the space below:

