

**Self-Medical Thought Record**

	<b>Event</b>	<b>Intensity 0-100</b>	<b>Event</b>	<b>Thought</b>
<b>Week</b>	Decreased Sleep Anxiety	1 2 3	Concerned by blood test Worried about future of health Got back to work	"Let me go to another sub specialist" "There is great need of help" "If you get out of this, I'll be out, too!"
<b>Mon</b>				
<b>Tue</b>				
<b>Wed</b>				
<b>Thu</b>				
<b>Fri</b>				
<b>Sat</b>				
<b>Sun</b>				

