

Self-Medical Thought Record

	Event	Intensity 0-100	Event	Thought
Week	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!"
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

