

**Self-Motivation Thought Record**

	<b>Event</b>	<b>Intensity of DR</b>	<b>Event</b>	<b>Thought</b>
<b>Week</b>	Decreased Sleep Anxiety	4 3 4	Concerns by Grand An Worry about future of future Get back to normal	"Let me go to another sub treatment" "There is going to be a lot of things" "If you get up at 4:00, I'll be at home"
<b>Mon</b>				
<b>Tue</b>				
<b>Wed</b>				
<b>Thu</b>				
<b>Fri</b>				
<b>Sat</b>				
<b>Sun</b>				

