

Self-Medical Thought Record

| | Event | Intensity 0-100 | Event | Thought |
|-------------|-------------------------------|----------------------------|--|---|
| Week | Decreased Sleep Anxiety | 1 2 1 | Concerned by blood test Worry about future of disease Get back to normal | "Let me go to another sub-specialist" "There is great need of help" "If you get up at 4:00, I'll be at home!" |
| Mon | | | | |
| Tue | | | | |
| Wed | | | | |
| Thu | | | | |
| Fri | | | | |
| Sat | | | | |
| Sun | | | | |

