PURE DESIRE MINISTRIES

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THOUGHTS/FEELINGS AWARENESS LOG[1]

Learning how our thoughts and feelings influence our behaviors takes time and practice. Use the following table to make connections between the thoughts and feelings that are affecting your behavior this week. Remember, there are no wrong answers.

I FELT...	...BECAUSE I THOUGHT...

[1] Riggenbach, J. (2013). *The CBT Toolbox: A Workbook for Clients and Clinicians.*