

# BROODING AND WORRYING SELF-MONITORING CHART

## WEEK BEGINNING

Write in your most common brooding and worrying thoughts, and tick the relevant column each time you have that thought, or add the total from your tally counter.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
I brood about:							
I brood about:							
I worry about:							

I worry about:

I attack myself about:

I attack myself about: