Your COVID Recovery

Second Thought Diary

NHS

When Day/Time	Situation What was happening?	Unhelpful thoughts/ images	Feelings • Emotion(s) rate 0-10 0 = lowest possible 10 = highest possible • Physical sensations	Alternative response Healthier more balanced perspective	What I did What helped?	Re-rate emotion(s) Rate 0-10 0 = lowest possible 10 = highest possible