IMPACT
Individualised self-Management ProgrAmme for long-term CondiTions

Second thought diary

NHS
University Hospitals of Leicester
NHS Trust

When Day/ Time	**Situation** What was happening?	**Thoughts** What was going through your mind? Did you experience any images?	**Feelings What did you feel?** Rate your emotion (0-10)	**Alternative response** Healthier more balanced perspective	**Re-rate your emotions (0-10)** 0 = lowest 10 = highest
Monday evening	***Example:** Trying to walk around the park, feel short of breath*	***Example:** "I'm going to have a heart attack!" (I had an image of lying in the hospital hooked up to machines)*	*10*	***Example:** "It's probably just that I'm unfit. I can just sit down for a few minutes and carry on"*	*5*