

Thought logging tool

Log your thoughts as instructed by your GI Behavioral Health provider. To get started, you can download and type directly into this form. Or you can log your thoughts anywhere that's most convenient for you (e.g. on paper, in your phone, etc.) – just make sure to include all the fields below.

Date:

Situation:

(Describe a distressing situation involving your GI symptoms.)

Example: I had to use the bathroom several times while getting ready this morning.

Thought:

(What is the first thought that came to mind?)

Example: Ugh, I have a day full of meetings that will now be ruined by my symptoms.

Feelings:

(Write down any negative or upsetting feelings you had.)

Example: Worried, frustrated, embarrassed

Physical symptoms:

(Write down any physical symptoms you experienced.) Example: Fast heart rate, hot flash, short of breath, sick to your stomach.

Behavior:

(What did you do in response to this situation?)

Example: Took extra medication, canceled meetings, lashed out at others.

Alternative helpful thought:

(List a new, more positive thought about the situation.)

Example: This happened earlier this week and things turned out okay; I can handle this again.