

Name: _____ USPO: _____

Thinking Report

Situation: _____ _____ _____ _____
Thoughts: 1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____ 7. _____ 8. _____ 9. _____ 10. _____
Feelings: _____ _____ _____
Attitudes and Beliefs: _____ _____ _____ _____

Risk Thought:

New Thoughts:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Risk Attitude and Beliefs:

New Attitudes and Beliefs:

1.

2.

3.

4.

5.