

Thought Log List

Name: _____

For the next week keep a daily record of all events, activities, or situations (good or bad) that resulted in: _____
_____. Note the time of day, what you did as it happened.

1. **For each of these situations answer:**

- What happened that provoked me?
- What did I say and/or do?
- What does the Bible say about what I did and/or said?
- What should I have done/said?

Day: _____ Time: _____

Situation: _____

What you said/did: _____

What does the Bible say: _____

What should/will you have done: _____

Day: _____ Time: _____

Situation: _____

What you said/did: _____

What does the Bible say: _____

What should/will you have done: _____

Day: _____ Time: _____

Situation: _____

What you said/did: _____

What does the Bible say: _____

What should/will you have done: _____

Day: _____ Time: _____

Situation: _____

What you said/did: _____

What does the Bible say: _____

What should/will you have done: _____