Pain and/or Fatigue Diary

When	Situation	Pain / Fatigue	Emotion/s	Thoughts	Alternative, more helpful
Date/time	What was I doing,	Describe & Rate	Frustrated, anxious,	What went through my mind at	Thought & Response
Date, time	where, who with, how	0 (none) – 10 (max)	angry, depressed,	that time? What did that mean	Is there another way of looking at
	long for?		sad, scared etc	to me or say about me? What	this? What would be more helpful
	-			really upset me about that?	- for me and for the situation?