

My Things to Change Diary

DAY	BEHAVIOUR	WHAT WAS HAPPENING BEFORE?	WHAT HAPPENED AFTER?	THOUGHTS AND FEELINGS	HOW BAD WAS IT? (1-10)
Monday	Gambling 11 p.m.-2 a.m. online	Kids did not turn up for contact after school	Went to bed	I'll never be able to stop. Felt rejected and alone	7
Tuesday	Lied about this to Sarah	She asked what I'd been doing	Could not sleep	What a heel I am. Sarah could do better. Hate myself	6

What Needs to Change?
