Pain and Fatigue Diary

When	Situation	Pain/Fatigue	Emotion	Thoughts	Alternative
	What was I doing, where was I, who with and for how long?	Describe and ratio 0-10	Frustrated, Anxious Angry Depressed Sad Scared	What went through my mind at that time? What did that mean to me? What really upset me about that?	More helpful thoughts & response - is there another way at looking at this? What would be more helpful for the situation