



YOUR WORKSHEET

Five-part worksheet

Pick one recent situation that bothered you. Work through each step, one per screen. Write as much or as little as you like.

Typing and saving on your phone

1. Download this file and keep it blank, so you always have a fresh copy.
2. For each new situation, make a copy with a new name, such as the date.
3. Open the copy in the free **Adobe Acrobat Reader** app. Your phone's Files app (iPhone) or Google Drive (Android) may also work.
4. Tap a white box to type, then save.

Want the full guide and a worked example?

Download it free at thetuesdaychapter.com

Not therapy or a diagnosis. Urgent support is on the last page.

The situation

What happened, where and when? Who was there?
Stick to the facts, as if describing a photo.

For example: Monday, 9.55am, in the team meeting. My update was next.

Date

Thoughts

What went through your mind? What did you predict, or assume about yourself or others?

For example: "I'll lose my words and everyone will think I can't do my job."

Emotions

How did you feel? Name each feeling and rate it from 0 (not present) to 100 (the strongest you can imagine).

For example: Anxious 80, embarrassed 60, low 40.

Physical sensations

What did you notice in your body?

For example: Racing heart, tight chest, hot face, churning stomach.

Behaviour

What did you do, or avoid doing? What did you do to cope or feel better in the moment?

For example: Rushed my update and avoided eye contact.

Looking back

Take a moment once the situation has passed.

What did I expect would happen?

What actually happened?

What might I say to a friend in this situation?

One small step I could try next time:

Well done

Noticing a pattern is the first step. Try filling this in for a few different situations over a week or two. Patterns often become clearer over time.

If you need help urgently

999

Immediate danger

NHS 24 • 111

Day or night, including mental health

Samaritans • 116 123

Free, any time

Breathing Space • 0800 83 85 87

Mon–Thu 6pm–2am; Fri 6pm to Mon 6am

WANT SUPPORT WITH THIS?

Book a free 15-minute call

Book online

hello@thetuesdaychapter.com

07726 923364 (call, text or WhatsApp)