iMPACT
Individualised self-Management ProgrAmme for long-term CondiTions

First thought diary

NHS
University Hospitals of Leicester
NHS Trust

When Day/Time	**Situation** What was happening?	**Feelings** **What did you feel?** Rate your emotion (0-10)	**Thoughts** What was going through your mind? Did you experience any images?
Monday evening	***Example:*** *Tried to jog slowly around the park but had to give up halfway as felt short of breath.*	*10*	***Example:*** *"I'm going to have a heart attack!" (I had an image of lying in the hospital hooked up to machines)*