

Monitoring Forms and Handouts

This section provides PDFs of psychological monitoring forms and regular handouts that our psychologists give to clients to assist with therapy. You will need some instructions from your psychologist to effectively complete these forms. Click on the form you need to download.

[Daily Record of Thoughts - Monitoring](#)

[Relaxation Strategies](#)

[Cognitive Errors](#)

[Challenging Automatic Thoughts](#)

[Sleep Easy - improve your sleep](#)

[10 Major Rational and Irrational Beliefs](#)

[Goal Setting](#)

[Activity Planning](#)

[Anger Coping Statements](#)

