

















































Cool Time Chart

Day of the week	Problem 	Thoughts and feelings	You do something			Consequence	
			 Hot Talk	 Cool Talk	 Breathing		
Sunday	<input type="checkbox"/>	hot _____ warm _____ cool _____ 	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
Monday	<input type="checkbox"/>	hot _____ warm _____ cool _____ 	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
Tuesday	<input type="checkbox"/>	hot _____ warm _____ cool _____ 	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
Wednesday	<input type="checkbox"/>	hot _____ warm _____ cool _____ 	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
Thursday	<input type="checkbox"/>	hot _____ warm _____ cool _____ 	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
Friday	<input type="checkbox"/>	hot _____ warm _____ cool _____ 	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
Saturday	<input type="checkbox"/>	hot _____ warm _____ cool _____ 	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>