



Warrington & Cheshire East Counselling

Karen Moore
www.karenmoore.co.uk
contact@karenmoore.co.uk

Date and Time	Situation Disagreement with manager	Thoughts I am going to lose my temper. 0-100%	Emotions/Feelings Heart racing, anxiety 0-10	Behaviour Cannot settle.	Evidence to support thought	Evidence against thought	New thought and rating

The Hope Street Clinic, 10 Hope Street, Sandbach, CW11 1BA 07890 295710
Sutton House, 27 Wilson Patten Street, Warrington, WA1 1PG
Diploma in Person Centred Counselling and Mindfulness
Registered member of the BACP