

What did you learn? Did you have more anxious, apprehensive, worried, or angry thoughts than you realized? How did you respond to them? Did you eventually shut down and stop working, or were you able to plough ahead? I want you to try this for one more day with a fresh log (see below). Only this time, set the timer for thirty minutes and don't do anything else except your homework. No phone, checking the internet, going to the bathroom. If you're stuck, just sit there, but keep writing down your thoughts.

### THIRTY-MINUTE FEELINGS ABOUT HOMEWORK LOG

What Are You Doing?	What Time Is It?	What Is Our Thought?	How Does That Thought Make You Feel?	What Did You Do in Response?
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