

# Thought Diary

Try to challenge your unhelpful thoughts using the table below.

| Situation | Emotion(s)<br>How it makes<br>you feel | Unhelpful thought(s) | Challenges to unhelpful thought(s)<br>Use the questions listed below to help  | Balanced thought(s)<br>Can you think of a more balanced<br>thought that would be more accurate |
|-----------|--|----------------------|---|--|
|           |  |                      | <p>Is there any evidence that contradicts this thought?</p> <p>Can you identify any of the patterns of unhelpful thoughts described above?</p> <p>What would you say to a friend who had this thought in a similar situation?</p> <p>How will you feel about this in 6 months time?</p> <p>What are the costs and benefits of thinking this way?<br/>Benefits:<br/>Costs:</p> <p>Is there another way of looking at this situation?</p> |  |