

# Thought Diary

Try to challenge your unhelpful thoughts using the table below.

Situation	Emotion(s)/ How it makes you feel	Unhelpful thought(s)	Challenges to unhelpful thought(s) Use the questions listed below to help	Balanced thought(s) Can you think of a more balanced 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? Benefits: Costs:</p> <p>Is there a proactive solution to this unhelpful thought?</p>	