

Thought Diary

Whenever your mood changes, try to write down what you were doing, how you felt, and what you were thinking at the time. You might find that patterns begin to emerge. Then, using a particular unhelpful thought, see if you can test it. Ask yourself to test whether your belief has any real basis.

Situation	Emotion(s) How it makes you feel	Unhelpful thought(s)	Challenges to unhelpful thought(s) (Use the questions listed below to help)	Believed thought(s) (Are you still 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 mentioned 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?</p> <p>Benefits</p> <p>Costs</p> <p>Is there another way of looking at this situation?</p>	