

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
			Is there any evidence that contradicts this thought? Can you identify any of the patterns of unhelpful thoughts described above? What would you say to a friend who had this thought in a similar situation? How will you feel about this in 6 months time? What are the costs and benefits of thinking this way? Benefits: Costs: Is there another way of looking at this situation?	