

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 taking a particular unhelpful thought, see if you can test it. Ask yourself: Is it true? Is it helpful? Is it worth the effort? Is it worth the cost?

Situation	Emotion(s) / How it makes you feel	Unhelpful thought(s)	Challenges to unhelpful thought(s) (Are the questions below here to try)	Revised thought(s) (Can you think of other, balanced thoughts 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?</p> <p>Benefits</p> <p>Costs</p> <p>Is there another way of looking at this situation?</p>	