

# 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>Would you apply the same standard to other people in your shoes?</p> <p>Can you remember any times when you have not performed a compulsion, if so, what happened?</p> <p>What new knowledge do you have now that could help in this situation?</p> <p>What are the costs and benefits of thinking this way?</p> <p>Benefits:</p> <p>Costs:</p>	