Thought Diary 1

Activating Event

This may include an actual event or situation, a thought, mental picture or physical trigger.

Beliefs

- 1. List all self-statements that link A to C. Ask yourself: "What was I thinking?" "What was I saying to myself?" "What was going through my head at the time?"

 2. Find the most distressing (hot) thought and underline it.
- 3. Rate how much you believe this thought between 0 to 100.

Consequences

- I. Write down words describing how
- you feel.

 2. Underline the <u>one</u> that is most associated with the activating event
- 3. Rate the intensity of this feeling between 0 to 100.

4. Jot down any physical sensations you experienced or actions carried out.

