

## Thought Diary (4-column)

<b>Date</b>  Include day of week and time of day where relevant	<b>Situation</b>  Where were you? What were you doing? Who were you with?	<b>Emotion</b>  <b>Rate intensity</b> <b>0–100%</b>	<b>Thought</b>  What was going through your head just as you started to feel the emotion? List all thoughts and images.  <b>Rate belief</b> <b>0–100% and circle the most upsetting thought</b>