Thought Diary (9-column)

Date	Situation	Emotion	Thought	Evidence for the most upsetting thought	Evidence against the most upsetting thought	Alternative thought and rate belief in it	Re-rate belief in upsetting thought and intensity of emotion	What to do next
Include day of week and time of day where relevant		**Rate intensity 0–100%**	What was going through your head just as you started to feel the emotion? List all thoughts and images. **Rate belief 0–100% and circle the most upsetting thought**					