Four-column Thought Diary

Det	Citeration	Em et :	Thomas 4
Date	Situation	Emotion	Thought
Include day of week and time of day where relevant	Where were you? What were you doing? Who were you with?	Rate intensity 0–100 per cent	What was going through your head just as you started to feel the emotion? List all thoughts and images.
			Rate belief 0–100 per cent and circle the most upsetting thought