

Diary 4: Catching thinking biases

Where and when?	How did I feel?	What went through my mind?	Can I spot any thinking biases?	Is there another way of looking at things?
<p><b>When and where was I and what was I doing?</b></p>	<p><b>What emotion(s) did I feel?</b>  <b>How strong was it?</b>                      1 (none at all) – 10 (the strongest possible)</p>	<p><b>What thoughts or pictures did I have in my mind?</b>  <b>How much did I believe them?</b>                      1 (did not believe at all) – 10 (absolutely sure they were true)</p>	<ul style="list-style-type: none"> <li>• Extreme thinking</li> <li>• Selective attention</li> <li>• Relying on intuition</li> <li>• Self-reproach</li> <li>• Worrying</li> </ul>	<p><b>Is there a less alarming way to view things? Can I think of a more balanced possibility?</b>  <b>How much do I believe the new possibility?</b>                      1 (not believe at all) – 10 (absolutely sure it is true)</p>