

# WORKSHEET 7.8.6: THOUGHT DIARY TO CHALLENGE PROCRASTINATION

1. Activating event (*What was the event, situation, thought, image or memory?*)

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2. Consequences (*What was I feeling? Rate 0–100 per cent*)

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3. Beliefs (*What went through my mind? What does it say about me as a person? Am I using unhelpful thinking styles? Rate 0–100 per cent*)

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4. Disputation (*What would a friend say? Is there another way of viewing this thought?*)

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5. Evaluate the outcome (*How do I feel now?*)

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