

WORKSHEET 7.7.3: THOUGHT DIARY

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

2. 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*)

3. Feelings (*What was I feeling? Rate 0–100 per cent*)

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

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