

# Thought Diary <sup>1</sup>

## A Activating Event

This may include an actual event or situation, a thought, mental picture or physical trigger.

## B Beliefs

1. List all self-statements that link A to C. Ask yourself: "What was I thinking?" "What was I saying to myself?" "What was going through my head at the time?"
2. Find the most distressing (hot) thought and underline it.
3. Rate how much you believe this thought between 0 to 100.

## C Consequences

1. Write down words describing how you feel.
2. Underline the one that is most associated with the activating event
3. Rate the intensity of this feeling between 0 to 100.

4. Jot down any physical sensations you experienced or actions carried out.