

Thought Diary ³

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.

Unhelpful Thinking Styles

Do you recognise any unhelpful thinking styles you might have been using? (Mental filter, jumping to conclusions, personalisation, catastrophising, black & white thinking, shoulding & musting, overgeneralisation, labelling, emotional reasoning, disqualifying/ignoring positives)

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

D Detective Work & Disputation

Detective Work: Now refer to the hot thought, and ask yourself, “What is the factual evidence for and against my hot thought?”

My HOT Thought:	
Factual Evidence For My HOT Thought	Factual Evidence Against My HOT Thought

Disputation: Ask yourself the following questions ...

- What other ways are there of viewing the situation?
- If I were not feeling this way, how would I view the situation?
- Realistically, what is the likelihood of that happening?
- How might someone else view the situation?
- Does it really help me to think this way?
- Think of some helpful self-statements

E End Result

Balanced Thoughts: After looking at all the evidence for and against your hot thought, and having considered the disputation questions, replace the hot thought with helpful, balanced thought/s.

Re-rate Emotion: Now, re-rate the emotion you underlined in C, from 0 to 100. _____

Re-rate Hot Thought: Read through Detective Work & Disputation. Now re-rate how much you believe the hot thought, between 0 to 100. _____