

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 mark it with an asterisk (*).
3. Rate how much you believe this thought between 0 to 100.

C Consequences

1. Write down words describing how you feel.
2. Mark the one that is most associated with the activating event using an asterisk (*).
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 marked with an asterisk (*) 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.
