





# My Thought Diary

<p><b>What happened?</b></p> 	<p><b>What was I thinking?</b></p> 	<p><b>How can I think differently?</b></p> 
<p>This could be an actual event or situation, a thought, mental picture or recollection, leading to unpleasant feelings.</p>	<p>What thoughts were going through your mind when the event occurred?</p>	<p>What other ways are there of viewing the situation? What evidence do I have that shows that this thought is not completely true all of the time?</p>
<p><b>How did I feel? What did I do?</b></p>  <p>Describe how you feel and include any physical sensations you experience, as well as your actions and behaviour.</p>		