





My Thought Diary

<p>What happened?</p> 	<p>What was I thinking?</p> 	<p>How can I think differently?</p> 
<p>This may include an actual event or situation, a thought, mental picture or physical trigger, 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 show that this thought is not completely true all of the time?</p>
<p>How did I feel? What did I do?</p>  <p>Describe how you feel and include any physical sensations you experience, as well as your actions and behaviour.</p>		