





My Thought Diary

What happened? 	What was I thinking? 	How can I think differently? 
<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>
How did I feel? What did I do?  <p>Describe how you feel and include any physical sensations you experience, as well as your actions and behaviour.</p>		