

# Thought Diary <sup>1</sup>

## 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.

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