

**OBJECTIVE:**

This Thought Diary aims to help you understand the difference between thoughts and feelings.

**INSTRUCTIONS:****Begin with section A:**

Write about an event or situation in which you felt distressed or upset. Record the situation in the same way that a video camera might record it – simply the facts.

**Then go to section C:**

Write down the words that best describe your feelings. Choose one that best describes how you feel in this situation. Underline this word & rate the intensity of the emotion from 0 to 100. When you have finished, also write down any actions you may have carried out.

**Now look at the situation in A and complete section B:**

List all the thoughts, beliefs, values, attitudes, and expectations you had about “A” that caused the feelings and actions in “C.” Use the automatic thought discovery questions available. Find the “Hot thought”, the thought that best relates to the emotion you underlined in “C”. Rate how much you believe this statement on a scale from 0 to 100.



# Thought Diary

*Name:*

*Day & Date:*

## **A Activating Event**

This may be either: An actual event or situation, a thought, mental picture or recollection.

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## **C Consequences**

1. Write down words describing how you feel.
2. Underline the one that is most associated with the activating event.
3. Rate the intensity of that feeling (0 to 100).

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

## **B Beliefs**

1. List all 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 underline it
3. Rate how much you believe this thought between 0 to 100.

**COMPLETE THIS SECTION LAST**

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This Thought Diary aims to help you analyze your thinking and challenge unhelpful thoughts.

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**Now look at the situation in A and complete section B:**

List all the thoughts, beliefs, values, attitudes, and expectations you had about “A” that caused the feelings and actions in “C.” Use the automatic thought discovery questions available. Find the “Hot thought”, the thought that best relates to the emotion you underlined in “C”. Rate how much you believe this statement on a scale from 0 to 100.

**Turn to section D**, the section in which you concentrate on change and coping. Go through the disputation questions.

**Finally, complete section E:** Balanced Thinking and re-rate your previous thought and feeling.



# Thought Diary

Name:

Day & Date:

## E Evaluation: Balanced Thought

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:** re-rate the emotion you underlined in C, from 0 to 100:

**Re-rate Hot Thought:** re-rate how much you believe the hot thought, between 0 to 100:

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### Unhelpful Thinking Styles:

- Mental Filter
- Jumping to Conclusions  
(Mind reading/emotional reasoning)
- Personalisation
- Catastrophising
- All or Nothing
- Shoulding & Musting
- Labelling
- Overgeneralisation
- Disqualifying/Ignoring positives

## D Disputation

1. List the **factual** evidence for and against the Hot Thought that you underlined in B.
2. Ask yourself the disputation questions

### Factual evidence for my Hot Thought:

### Factual evidence against my Hot Thought

### Disputation Questions: eg

"What other ways are there of viewing the situation?"  
"If I was giving advice to someone I care about who was thinking this, what would I say?"