Thought Díary¹

A Activating Event

This may include an actual event or situation, a thought, mental picture or physical trigger.

B Beliefs

- 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 <u>one</u> 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.



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