

My Thought Diary



Dear
Therapist

What happened?



This could be an actual event or situation, a thought, mental picture or recollection, leading to unpleasant feelings.

What was I thinking?



What thoughts were going through your mind when the event occurred?

How can I think differently?



What other ways are there of viewing the situation? What evidence do I have that shows that this thought is not completely true all of the time?

How did I feel? What did I do?



Describe how you feel and include any physical sensations you experience, as well as your actions and behaviour.

