

My thoughts diary

At a point where you notice your mood change, complete the first three columns of the thought diary. Then look at the evidence for and against it using the worksheet.

Situation Where exactly I am, what I am doing, who I am with and what is going on around me.	Emotion What emotion(s) was I experiencing and how strong was it on a 0-10 scale if 10 is the strongest I have ever felt the emotion	Thought What were the exact thoughts that went through my mind at the time. Rate how much I believe the thought out of 100%	Revised thought My revised thought after looking at the evidence for and against my original thought. How much do I believe the revised thought? How much do I now believe my original thought?	Emotion Re-rate the emotion you experienced after revising your thought (0-10 scale)