

# Thought Diary <sup>2</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.

## Unhelpful Thinking Styles

Do you recognise any unhelpful thinking styles you might have been using? (Mental filter, jumping to conclusions, personalisation, catastrophising, black & white thinking, shoulding & musting, overgeneralisation, labelling, emotional reasoning, disqualifying/ignoring positives)

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

## D Detective Work & Disputation

**Detective Work:** Now refer to the hot thought, and ask yourself, “What is the factual evidence for and against my hot thought?”

<b>My HOT Thought:</b>	
<b>Factual Evidence For My HOT Thought</b>	<b>Factual Evidence Against My HOT Thought</b>

**Disputation:** Ask yourself the following questions ...

- What other ways are there of viewing the situation?
- If I were not feeling this way, how would I view the situation?
- Realistically, what is the likelihood of that happening?
- How might someone else view the situation?
- Does it really help me to think this way?
- Think of some helpful self-statements