

# My Thought Diary: Part One

The first step towards challenging your negative thoughts is to record them. Try to complete this diary as soon as possible after having the thought. It may be a good idea to carry this diary with you, or keep an electronic copy available (e.g on your phone).

<b>Situation</b>	<b>Emotion</b>	<b>Thought</b>
What are you doing? Where are you? Who are you with? What time is it?	What emotion are you feeling? How strong is this emotion (0-100%)?	What thought did you have? How strongly do you believe this thought to be true (0-100%)?