

My Thought Diary: Part Two

Now that you have identified your negative thoughts, and considered evidence for and against them, you can use this diary to create a more balanced version of the original thought. Remember that we are aiming for realistic thoughts, they don't have to be overly positive.

| Situation | Emotion | Thought | Revised Thought | Revised Emotion |
|--|---|---|--|---|
| <p>What are you doing? Where are you? Who are you with? What time is it?</p> | <p>What emotion are you feeling? How strong is this emotion (0-100%)?</p> | <p>What thought did you have? How strongly do you believe this thought to be true (0-100%)?</p> | <p>What is a more balanced version of the thought? How strongly do you believe this thought to be true (0-100%)?</p> | <p>How strong is the original emotion after considering the revised thought (0-100%)?</p> |
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