

# Thought Diary

## Overview

A Thought Diary (see below) is a table that allows you to capture key pieces of information about a situation. The purpose of keeping this record is to help you acknowledge your automatic thoughts, recognise the associated feelings, and then consciously chose how you will adjust your thoughts and feelings. It may look like there are a lot of things to do, but if you persevere you will be pleasantly surprised at the results you achieve. You will also reach the point where you become proficient at catching your automatic thoughts, responding to them, and modifying your mood without even needing to use a Thought Diary.

## The Process

Complete the diary with situations or events that occur for you over a period of time that you choose. For optimal results, capture what is going through your mind as soon as you can and get it down onto paper. If you wait hours or days to fill out your Thought Diary, you will lose precious information as the details of the moment will diminish. Also, be sure to complete all of the columns for each situation.

## Example

Date / Time	Situation	How did I feel? (0-100%) 0% = not at all 100% = intensely	What went through my mind (automatic thoughts) and how much did I believe the automatic thought? (0-100%) 0% = not at all 100% = completely	Evidence for this thinking	Alternative Thoughts
12 Dec 2015 5:35PM	Sam's girlfriend, Anne, hasn't responded to the voicemail he left yesterday.	Sad (60%) Anxious (95%)	She is angry at me (85%) She is going to break up with me (90%) She is ignoring me (70%)	The last time Anne was angry with me she didn't return my phone call.	Anne must have had a really busy day and hasn't had a chance to call me back yet. Anne's phone battery is flat so she hasn't received my message yet.

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