

Simple (4-column) Thought Diary Worksheet

To complete a thought diary, ask your client to:

1. Think back to a recent event that you found upsetting and describe it by answering the following questions:

- **When did it happen?** Enter the date and approximate time
- **What was the situation?** What were you doing, where were you, who were you with?
- **What emotion did you experience?** Recognize the emotion. Try and capture it in one word, such as happy, sad, or angry.
- **What were you thinking at the time?** What thoughts were running through your mind at the time or immediately after? Such as, *nobody likes me, I'm no good at this.*

2. Returning to column 3, the emotion. Consider your relationship with the emotion you felt at that time.

Rate the emotion (for example, sad) where 0% is *not at all*, 50% is *moderate*, and 100% is *extreme*.

Choose carefully, but don't overthink. This is your score and there is no wrong value.

3. Returning to column 4, the thought that went through your mind.

How much did you believe that thought? Again, give it a score between 0 and 100, where 0% – is *not at all*, and 100% is *completely*.

Our mind is often awash with negative thoughts during a difficult situation – if you have listed several, then circle or put a cross beside the most upsetting one.

Completing a thought diary can be a difficult exercise, yet it is very worthwhile and provides a valuable starting point for challenging, and in time, changing your thought patterns.

Complete the thought diary over the course of a week as difficult emotions arise. The fresher in your mind when captured, the more accurate the record will be.



Date	Situation	Emotion Rate intensity 0-100%	Thought Rate belief 0-100% *most upsetting thought