

## THOUGHT DIARY

### Instructions:

1. Keep a note of when you feel any of the following: *anxiety, fear, hurt, anger, shame, guilt, depression* in the **FEELINGS** column. Rate how strongly you experience the feeling on a scale of 0% (low) to 10% (high).
2. Note what you were doing at the time in the **SITUATION** column.
3. Think about what you were saying to yourself about the situation and identify any unhelpful thoughts. Write these into the **THOUGHTS** column.
4. Try to generate more helpful, realistic and supportive thoughts in the **ALTERNATIVE THOUGHTS** column. Helpful thoughts tend to **a) promote acceptance of self, others and the world. b) state preferences, wishes or wants rather than making absolute demands like 'should, ought or must.'**
5. Practise thinking these new **ALTERNATIVE THOUGHTS** next time you are in, or entering a similar situation.
6. **MONITOR** what **NEW FEELINGS** you experience and rate these on a scale of 0% - 10%. More helpful feelings can include: *annoyance, concern, regret, sadness, remorse, etc.*

DAY	SITUATION What were you doing?	THOUGHTS Anxious, Negative, Pessimistic	FEELINGS 0 (low) – 10 (high)	ALTERNATIVE THOUGHTS Helpful Thoughts	NEW FEELINGS 0 (low) – 10 (high)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					