**Thought Diary**

**Keep a diary using the table below:**

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| Activator (trigger)What happened? Who was there? What were you doing at the time? | Belief (thoughts)What did you think at the time?How much did you believe that (0% - 100%)? | Consequence (feelings, behaviour)How did you behave?How did you feel? |
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| Thought errorWhat errors in your thinking did you notice? (See Chapter 5 for more information about the types of thought errors people can experience). | Alternative thoughtGiven any errors in your thinking, what might be an alternative thought?How much do you believe that thought (0% - 100%)? |
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