



THOUGHT DIARY

Use this table to help you start examining your thoughts and feelings. Add an entry each time an event or situation causes you to feel anxious, stressed, worried or angry.

Event or situation	Name your emotions and rate their intensity (0-100%)	What were your thoughts at the time?	Write down any evidence for the thought	Write down any evidence against the thought	Write an alternative, more balanced thought	Name your emotions and rate their intensity now (0-100%)

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