

New thoughts diary

Date	Situation What was I doing at the time of my thoughts?	Emotion How did I feel? Rate intensity (0–100 per cent).	Unhelpful thoughts What thoughts went through my mind just before I started to feel this way? Rate belief (0–100 per cent).	Evidence for and against your thoughts Note down thinking errors (see pp. 164–6). Write answers to the questions on p. 167.	Alternative thoughts Write alternative thoughts after answering questions in previous column. Rate belief in each thought (0–100 per cent).	Outcome Re-rate belief in thought and intensity (0–100 per cent).	Action plan What can I do now?

[illegible]