

Thought Diary

Name: _____

Date & Time	Emotions/Feelings <i>[Rate 0 to 10]</i>	Situation Where you are, who with, what you are doing	Immediate Thoughts <i>[with error codes – see below]</i> <i>[Rate belief 0 to 10]</i>	Revised Thought Your new thought after challenging thinking errors <i>[Rate belief 0 to 10]</i>	Changed Feeling? Re-label/re-rate your feelings when you use the revised thought

Thinking error codes: [A] Two boxes [B] Guess work [C] Mini-Max [D] Me, my, I [E] Gold to lead [F] Absolutely [G] Bad labels [H] Do's & Don'ts [I] Heart-over-head [J] Small detail **Copyright:** Dr Derek Lee [2012] – *photocopying for personal and clinical use permitted*