

Thought Diary

Date/ Situation/ Behaviour	Emotions <i>'How did I feel?'</i> <i>'How bad was it?' (%)</i>	Automatic Thoughts (Images) <i>Rate belief (%)</i>	Evidence supporting 'hot' thought(s)	Evidence against 'hot' thoughts	Alternative (more helpful) thoughts <i>Rate belief (%)</i>	Consequences of new Thinking <i>'How do I feel now?'</i> <i>'What can I do?'</i>

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