

Thought Diary

	F P	Th 1.1.	AL. The LL	No. Control
Situation	Emotion	Thoughts	New Thought	New feeling
What was going on?	How did it	What was going through	After considering the	If you are looking at it
Time of day, who was	make you feel?	your mind? How did you	evidence, how else	differently, how does
there etc?		interpret this? What did it	could you look at this	it make you feel?
		mean?	situation?	

Situation What was going on? Time of day, who was there etc?	Emotion How did it make you feel?	Thoughts What was going through your mind? How did you interpret this? What did it mean?	New Thought After considering the evidence, how else could you look at this situation?	New feeling If you are looking at it differently, how does it make you feel?