



Thought Diary

Our thoughts, feelings, and behaviors are all linked. Sometimes, our thoughts come automatically, without us even realizing it. These are called **automatic thoughts**. They can be helpful, but they can also be unhelpful or distorted, making us feel worse or act in ways we don't want.

A **thought diary** helps you slow down and notice:

- What triggered the thought (situation).
- The thought that popped into your mind.
- The feeling and behavior that followed.
- A more balanced thought you could use instead.

By practicing this, you learn that you **don't always have to believe your first thought**. You can choose a different way of seeing the situation, which often leads to healthier feelings and behaviors.

Go to the next page and fill out each column.

After filling in the diary, ask yourself:

- Did I notice a pattern in my thoughts?
- Were my automatic thoughts based on facts or assumptions?
- How did my feelings change after I wrote a balanced thought?
- Did I behave differently after changing my thinking?
- What can I do differently next time in a similar situation?



Date / Time (When did this happen?)	Situation (What happened? Who was there? Where were you?)	Automatic Thought (What went through my mind?)	Feeling (0– 100%) (What emotion did I feel? How strong?)	Behavior (What I did or avoided doing)	Balanced Thought (A kinder, more realistic way of looking at it)	New Feeling (0–100%) (How I feel after the balanced thought)