

Date:

Thought Diary

Situation	Thought	Feeling	Behaviour
What caused you to have this thought? For example: "I was at social gathering and nobody was talking to me."	What went through your mind at the time? For example: "People find me uninteresting, there something wrong with me."	What emotions did you have at the time? For example: "I felt anxious, isolated, helpless."	How did you respond to the situation? "I kept to myself and didn't talk to anyone."

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Alternative Thought	Alternative Feeling	Alternative Behaviour
How else could you think about the situation in future? For example: "People are too shy to come over, they're feeling what I'm feeling."	How else could you feel about the situation? For example: "This is normal, everyone probably experiences this feeling."	What could you do that would lead to a better outcome? For example: "I could go over and start the conversation."