THOUGHT LOG WORKSHEET

Use this worksheet to track and challenge your negative thoughts. Fill in each section to gain a better understanding of your thinking patterns.

SITUATION	MOODS	AUTOMATIC THOUGHTS	EVIDENCE FOR	EVIDENCE AGAINST	BALANCED THOUGHT
What happened? Where?	How do I feel?	What's going through my mind?	Facts that support it?	Facts that challenge it?	A healthier perspective?
	Emotions & 1-10 Rating	Negative thoughts & beliefs	Proof that it's true	Reasons it's not true	New realistic thought

NEW MOOD & RATING

How do I feel now?

Emotions & 1-10 Rating