**Thought Diary**

**Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
**Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

| **Date/Time** | **Situation (What happened? Where? With whom?)** | **Emotion(s) (Name + Rate 1-10)** | **Automatic Thought(s) (What went through your mind?)** | **Evidence Supporting the Thought** | **Evidence Against the Thought** | **Alternative Balanced Thought** | **Re-Rate Emotion (1-10)** |
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| *Example:* Sept 10, 3 PM | *Received a work email about team changes.* | *Anxiety (8/10)* | *“What if I lose my job?”* | *- Team was fired recently. - Layoffs are common.* | *- I get positive feedback. - My skills are in demand.* | *“I can adapt and explore new opportunities if needed.”* | *Anxiety (4/10)* |
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**Instructions:**

1. **Fill this out AS SOON AS YOU NOTICE A STRESSFUL THOUGHT** (e.g., anxiety about job/parents/marriage).
2. **Focus on the 3 key columns:**
   * **Situation:** What triggered the thought? (e.g., “Dad coughed heavily during dinner”).
   * **Emotion:** Name it (fear, guilt) and rate intensity (1 = mild, 10 = extreme).
   * **Automatic Thought:** Write it *exactly* as it popped into your head (e.g., “My parents won’t be around much longer”).
3. **Challenge the thought:**
   * **Evidence FOR:** What facts *seem* to support this thought?
   * **Evidence AGAINST:** What facts contradict it? (Ask: *“Is this 100% true?”*)
   * **Alternative Thought:** Create a balanced, realistic perspective (e.g., “My parents are aging, but they’re taking steps to stay healthy”).
4. **Re-rate the emotion** after writing the alternative thought.

**Note:** Bring this diary to our next session. We’ll use it to spot patterns and build strategies. No need to fill every row—just focus on moments when anxiety feels overwhelming.

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