



DIARY THOUGHT RECORD

W/C:

| 1. Situation Brief description of what was happening, what you were doing at the time? | 2. Emotions Describe each emotion in one word. Rate the intensity of the emotion from 0-100% | 3. Automatic thoughts What was going through your mind? What does this say about you/ the world/others? What is the worst that could happen? Do you have any images? How much do you believe this thought from 0-100%? |
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- Try to complete the diary when you notice a significant shift/change in your mood
- The aim is to better understand and identify your negative automatic thoughts (NAT's) and the links these have to your emotions

About Automatic Thoughts

Our thoughts are created by our mind, which is constantly helping us to interpret the world around us, describing what's happening, and trying to make sense of it by helping us interpret events, sights, sounds, smells, feelings. It's just what the human mind does. Without even realising it, we are interpreting and giving our own meanings to everything happening around us. We might decide that something is pleasant or nasty, good or bad, dangerous or safe.

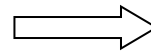


Because of our previous experiences, our upbringing, our culture, religious beliefs and family values, we may well make very different interpretations and evaluations of situations than someone else. These interpretations and meanings we give events and situations, result in physical and emotional feelings.

Something happens or we notice something, which triggers a thought. Particular types of thoughts tend to lead to particular emotions.

Thoughts

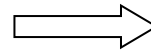
I'm in danger and I won't be able to cope with it



Emotion

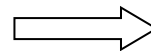
Anxiety & Fear

I'm being treated unfairly, and I won't stand for it



Anger & Frustration

Everything is hopeless – I'm totally worthless, no-one likes me, nothing can change



Depression