

Thought Journal

<p style="text-align: center;">Situation</p> <p><i>When? Where? Who? What happened?</i></p>	<p style="text-align: center;">Feelings</p> <p><i>One-word summaries (rate 0 - 100)</i></p>	<p style="text-align: center;">Automatic Thoughts</p> <p><i>What you were thinking just before and during the unpleasant feeling</i></p>	<p style="text-align: center;">Limited-thinking pattern</p>	<p style="text-align: center;">Balancing or Alternative Thoughts</p> <p><i>Circle possible action plans</i></p>	<p style="text-align: center;">Re-rate Feelings</p> <p><i>0 - 100</i></p>
		<p>What was going through my mind just before I started to feel this way? What am I afraid might happen? What does this say about me? What is the worst thing that could happen if this is true? What images or memories do I have about this situation?</p>	<p>Filtering, Polarized (Black & White) thinking, Overgeneralization, Mind Reading, Catastrophizing, Magnifying, Personalization, Shoulds</p>	<p>Acknowledge the feelings as valid, but also any limited thinking patterns. It may help to consider: What would I say to a good friend in the same situation?</p>	

Focus on one feeling and the associated Automatic Thoughts at a time