

WORKSHEET ONE

Thought Diary



Situation	Thought	Emotion	Belief in thought (0 -100%)	Intensity of emotion (0 -100%)

WORKSHEET TWO

Thought Diary



Situation	
Thought	Emotion
Belief in thought (0-100%)	Intensity of emotion (0-100%)

Evidence for	Evidence against

Alternative thought	Emotion
Belief in alternative thought (0-100%)	Intensity of emotion (0-100%)