Negative Thought Diary

Name: .....

Date	Situation: describe 1. The actual event leading to the negative thought 2 The stream of thoughts, daydream, or unpleasant recollection, leading to the negative thought	Emotions 1. Specify sad, anxious, angrey, guilty, etc. 2. Rate degree of emotion 1 – 100.	Automatic Thoughts 1. Write down the automatic thoght that came befor ethe emotion 2. Rate your belief in the automatic thought (0 to 100%)	Rational Response: 1. Write down the challenge you amke to your negative thought. 2. Rate your belief in your rational response	Outcome: 1. Re-rate your belief in the negative thought (0 to 100%). 2. Specify and re-rate following emotions. (0 to 100)