Using a Thought Diary

1. In the first column note the date, then in the second column write about a situation that caused you distress.

2. In the third column, describe the emotion and its intensity using SUDS (Subjective Units of Distress Scale), where 0 = no distress, to 100 = the worst distress imaginable.

3. In the fourth column, write down any thoughts you are having and the extent you believe them, from 0-100% (100% mean you *completely* believe the thought). Use an additional piece of paper if you need more space.

4. Then, consider the "evidence" for the most upsetting thought you have. Ask yourself:

- What is the evidence for my upsetting thought?
- How did I come to this conclusion?
- Why did I pick that % about the strength of my thoughts? Why?

5. Consider the evidence *against* your most upsetting thought. If your score was under 100%, you may have some doubt Ask yourself:

- What happened last time I was in this situation?
- Is there a different way of understanding the context and the event?
- If the upsetting thought comes true, will it matter ten years from now?

6. In the sixth column, write down alternative thoughts that can replace your distressing thought. For example, imagine a friend canceled your lunch date. Instead of thinking it is because they do not like you, consider they may have had to attend an unexpected meeting at work. Try to be realistic. Use an additional piece of paper if you need more space.

7. Have your thoughts changed? Once you consider the upsetting and alternate thoughts, re-rate your emotion and belief in the last column.

If your thoughts have changed, what would you do if the situation occurred again? Use a notebook or journal to write down your thoughts for each situation you described in the chart.

Date	Situation	Emotion + rating (0-100)	Thoughts + rating (0-100%)	Evidence	Alternate thought + rating	Re-rate emotion and thought (0-100)