

Thought Journal

Name: _____ Date: _____ dd / mm / yyyy

SITUATION

Briefly describe what happened or what you're thinking about:

EMOTIONS

Emotion: _____

Intensity:

12345678910

Emotion: _____

Intensity:

12345678910

Emotion: _____

Intensity:

12345678910

AUTOMATIC THOUGHTS

What thoughts came to mind?

Check any thinking patterns you notice:

- ☐ All-or-nothing thinking
- ☐ Catastrophizing
- ☐ Mind-reading
- ☐ Overgeneralizing
- ☐ Filtering
- ☐ Should statements
- ☐ Personalization
- ☐ Emotional reasoning

EVIDENCE

Evidence that supports these thoughts:

Evidence that doesn't support these thoughts:

ALTERNATIVE PERSPECTIVE

What's another way to view this situation?

ACTION STEPS

What can I do now? What would be helpful?

SELF-COMPASSION NOTE

What would I say to a friend in this situation?

REFLECTION

What patterns or triggers have you noticed in your thoughts?

What would you like to work on next time?