|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Where were you? | Emotion or feeling? | Negative Thought? | Evidence reinforcing that thought? | Evidence against that thought? | Alternative thought? Is there any other way you could feel about this? Could something else be happening? | Emotion or feeling? |
|  |  |  |  |  |  |  |

**Thought/Emotion Diary**