

Thought Diary—7 Column						
Date	Situation	Automatic Thought(s)	Cognitive Distortions	Emotion(s)	Rational Responses	Outcome
	Briefly describe situation (antecedent event), stream of thoughts, daydream, or image.	<ol style="list-style-type: none"> 1. Write the automatic thoughts that accompany the emotions. 2. Rate belief in automatic thought (0–100%). 	Identify the types of cognitive distortions.	<ol style="list-style-type: none"> 1. Specify sad, anxious, angry, etc. 2. Rate degree of emotion (0–100%). 	<ol style="list-style-type: none"> 1. Write a rational response to the automatic thoughts. 2. Rate belief in rational response (0–100%). 	<ol style="list-style-type: none"> 1. Re-rate belief in automatic thought (0–100%). 2. Specify and rate degree of emotion (0–100%).

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