

Daily Thought Diary PTSD Worksheet

Name:	
Date:	Time:
Location:	
Emotion(s): list the primary emotions you're experiencing	
Situation/Trigger: Describe the event or situation that triggered your thoughts and emotions	
Thought(s): Write down the thoughts that came to mind during the trigger	
Automatic Thoughts: Identify any automatic or immediate negative thoughts that popped into your head	
Evidence For: List any evidence that supports your automatic thoughts	
Evidence Against: List any evidence that contradicts your automatic thoughts	
Alternative Thoughts: Generate alternative, more balanced or rational thoughts	

Emotion Rating (0-100%): Rate the intensity of your emotions before and after considering alternative thoughts

Behavioral Response: Describe how you acted or responded to the trigger or situation

Outcome: What was the result or consequence of your behavior/response?

Coping Strategies Used: List any coping strategies you used to manage your emotions or thoughts

Reflect on how you might handle a similar situation in a healthier way

Additional Notes