

Thought Journal

Date:

Mood Snapshot:

Significant Events Today:

Detailed Thoughts: *(Record the thoughts that occupied your mind today in detail.)*

Associated Emotions: *(Identify and describe the emotions linked to these thoughts.)*

Behavioural Response: *(Note down your actions in response to these thoughts and emotions.)*

Alternative Thought/Action: *(Suggest healthier, more positive thoughts or responses for the same situation.)*

Reflective Analysis: *(Reflect on the process - was the alternative thought/action helpful? Did it impact your emotion or behaviour positively?)*