

Thought Journal

Name: _____ Date: _____



Situation

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

Emotions

What emotions are you experiencing? Rate intensity (1, lowest - 10, highest):

Emotion 1:

Intensity: 1 2 3 4 5 6 7 8 9 10

Emotion 2:

Intensity: 1 2 3 4 5 6 7 8 9 10

Emotion 3:

Intensity: 1 2 3 4 5 6 7 8 9 10

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?