Thought diary

MindWell

www.mindwell-leeds.org.uk

Date	**Situation or event** What were you doing? Where were you? Who with? What were you thinking about? Be aware of what affects your mood.	**Automatic thought** What did you think?	**Feelings/sensations** What were your feelings? How negative did you feel on a scale of 1-10	**Unhelpful thinking style**