



CBT diary



ACTIVATING EVENT

EMOTIONS

THOUGHTS AND OR IMAGES

BEHAVIOURS

Where were you? Who was there? What were you doing? When?

What did you feel at the time? How strongly did you feel it? Not much 0-10 very strongly

What am I saying to myself? How strongly do you believe the thought? Not at all 0 – 10 believe completely

What did you do after experiencing the thought?