

Thoughts and Feelings Diary

Situation	Negative Thoughts	Feelings	Evidence that this thought is a fact?	A more realistic alternative thought	Feelings now
<p><i>What were you doing? Who you were with? Where were you?</i></p>	<p><i>What negative thoughts did you have?</i></p>	<p><i>What emotions were you feeling?</i></p>	<p><i>Do you have any evidence that this thought is fact?</i></p>	<p><i>What are your alternative thoughts? How would your friends think in this situation?</i></p>	<p><i>Does the alternative thought make you feel better about the situation?</i></p>