

Thought Journal

Date	Situation	Feelings	Automatic thoughts	Rational response	Re-rate the feeling
	Describe: What you were doing (the event) when you began to feel bad. This could be a concrete event, a thought, a memory, etc...	(a) List the emotion(s) you felt. (b) Rate them on a scale of 0 (fine) to 100 (awful)	(a) Describe: What was going through your mind just before the feeling. (b) Rate your belief in this automatic thought from 0 to 100%	(a) Describe: Rational responses to the automatic thoughts. (Try to look at the negative thought in a more constructive or realistic way.) (b) Rate your belief in this rational response from 0 to 100%	Now re-rate your belief in the automatic thoughts, from 0 to 100%