

## Thought Record Diary

Now that you have an understanding of how to challenge negative thinking using the A-B-C-D-E model and Thought Review method, you are in a better position to identify negative thinking. Use the following chart to begin to identify and track any negative thinking you experience over the next few days. See if you can spot problem thoughts arising as thinking traps and work through the model to replace negative thoughts with more healthy and helpful ones. If you continue to practice and use this chart over a period of a month, you will become adept at replacing thinking traps with healthy thinking, and your optimism will further strengthen.

Situation	Initial Thought	Consider the Consequences	Challenge the Initial Thought	Alternative Thinking	Positive Belief & Affirmation	Action Plan	Improvement
Briefly describe the situation that led to your unpleasant feelings.	What was the first thought to come to your mind?	Why do you want to change your thinking? Look at the psychological, physical, professional, and relationship consequences of no change.	How helpful has this thinking been for you in the past? What facts do you have that support or challenge your initial thought? What strengths do you have that you may have overlooked? What advice would you give someone else in the same situation?	Look for a healthier way of thinking about the situation. How could you have handled it differently?	Write down a positive affirmation that reflects this more helpful approach. Choose something that can be used as your motto or reminder when you encounter similar situations.	What can you do if this situation arises again? Knowing your tendencies, how can you prepare for the situation? Write a list of strengths you bring to the situation? What can you do if you fall back on old habits?	Do you feel slightly better or more optimistic? This step reinforces the idea that if you change your thinking, you will change your life.

*Adapted From: Melemis, S. (2017). How to do a thought review. Retrieved from: <http://www.cognitivetherapyguide.org/thought-review-thought-record.htm>*

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