

THOUGHT DIARY

www.mishajan.com



A cognitive-behavioural strategy to capture and identify automatic negative thoughts.

1. EVENT

What happened?

2. THOUGHTS

What was I telling myself when the event was happening?

3. FEELINGS

How did it make me feel?

4. BEHAVIOUR

What was my response to the situation?

5. SUPPORTIVE EVIDENCE

Why is my thought true?

6. NON-SUPPORTIVE EVIDENCE

Why might my thought not be true?

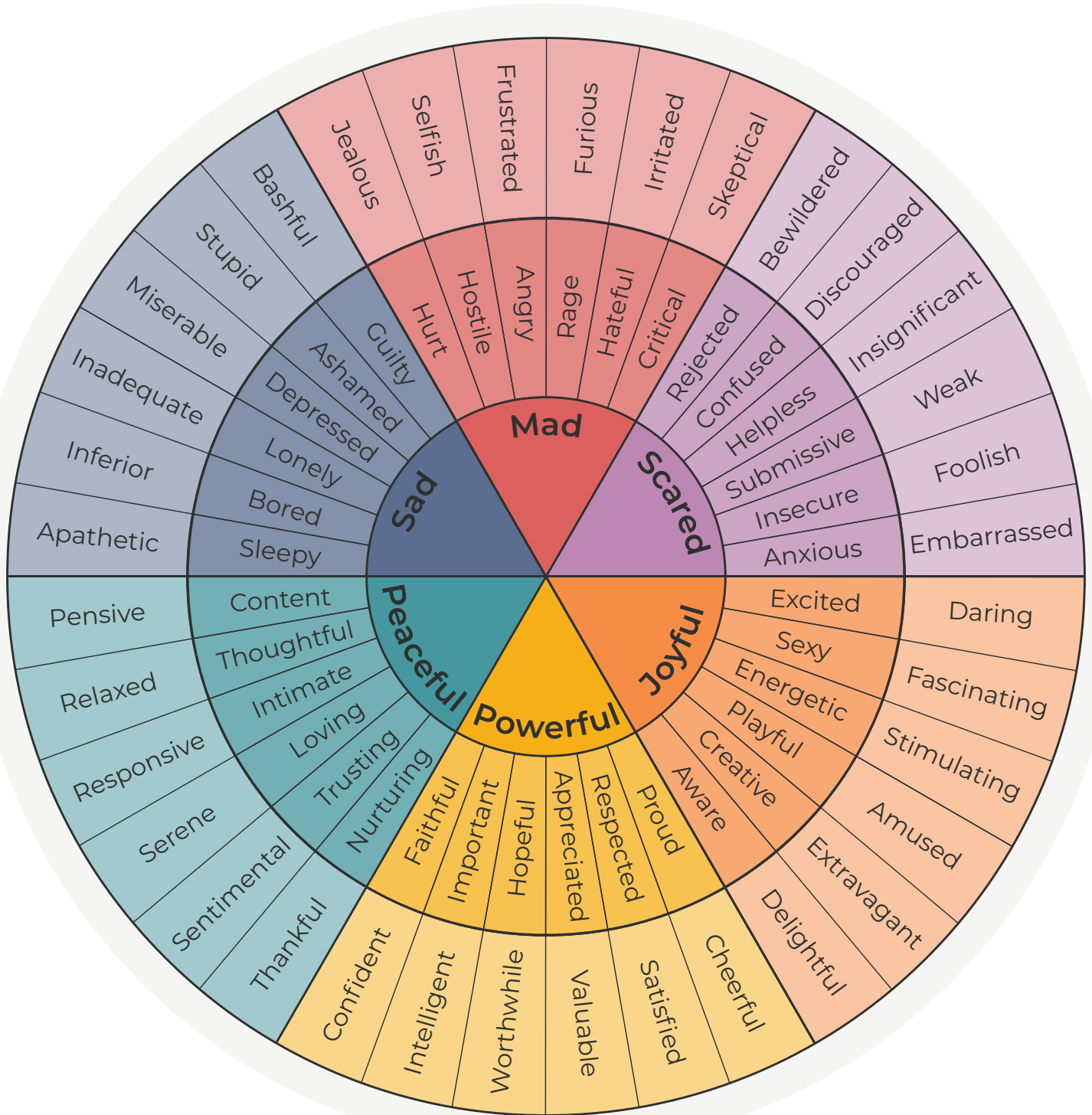
7. COGNITIVE DISTORTION

Which distortion from the list of 15 cognitive distortions?

8. NEW THOUGHT

What is my new and improved thought?

The Feeling Wheel



The Gottman Institute
Developed by Dr. Gloria Willcox

COGNITIVE DISTORTIONS CHART

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1

ALWAYS BEING RIGHT

Feeling the need to always be right. Being wrong is unacceptable.

2

BLAMING

Assuming everyone else is at fault.

3

CATASTROPHIZING

Expecting the worst case scenario. Blowing things out of proportion.

4

CHANGE FALLACY

Expecting that others should change.

5

CONTROL FALLACY

Thinking that thoughts or actions could somehow influence events outside of our control.

6

EMOTIONAL REASONING

Mistaking feeling for facts, and allowing emotions to dictate reality.

7

FAIRNESS FALLACY

Thinking that life should always be fair.

8

FILTERING

Positives are discounted or ignored, and life is seen through a negative lense.

9

GLOBAL LABELLING

Labeling yourself negatively.

10

JUMPING TO CONCLUSIONS

Thinking you know what people are thinking or predicting future outcomes.

11

OVER GENERALIZATION

Seeing a negative pattern as a result of one event.

12

PERSONALISATION

Seeing yourself as causing negative events. Assuming guilt and blaming yourself even when it is not your fault.

13

POLARISED THINKING

All-or-nothing thinking. Not seeing both sides of the coin. Something is either entirely good or bad.

14

REWARD FALLACY

Expecting self sacrifice to be rewarded.

15

"SHOULD" STATEMENTS

Having higher standards for yourself than others. Judging yourself on what you think you must do.