

## Thought Diary Worksheet

Use this worksheet to notice the connection between Situations, Thoughts, Emotions, and Behaviours. Follow the guiding prompts under each heading. Three filled examples are given first, followed by a blank diary table for your use.

### Examples

**Situation:** On the bus, suddenly felt my heart racing and breathless.

**Thoughts:** "I can't breathe. I might faint. People will not help me."

**Emotions:** Fear (90%), Helplessness (80%)

**Behaviour:** Got off the bus immediately, avoided taking buses afterwards.

**Situation:** Had to give a small presentation in class.

**Thoughts:** "I will forget everything. Everyone will laugh at me."

**Emotions:** Anxiety (85%), Embarrassment (70%)

**Behaviour:** Spoke very fast, avoided looking at classmates, skipped some points.

**Situation:** Friend did not reply to my message for 2 days.

**Thoughts:** "They must be angry with me. Maybe I did something wrong."

**Emotions:** Worry (70%), Sadness (60%)

**Behaviour:** Kept checking phone repeatedly, avoided starting new conversations.

## Your Thought Dairy

| Situation                               | Thoughts                      | Emotions                           | Behaviour                     |
|-----------------------------------------|-------------------------------|------------------------------------|-------------------------------|
| What happened? Where?<br>Who was there? | What went through<br>my mind? | What did I<br>feel? Rate<br>0-100% | What I did / how I<br>reacted |
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Tip: Try to complete one entry each day. This will help you notice patterns in your thinking, feelings, and behaviours.

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