

# Challenging unhelpful thoughts

For the next week, use this diary to record your thoughts and feelings – but this time, add your thought challenges as well. If you want to record for longer, you can use more than one diary sheet and save different versions on your device. The more you practice challenging unhelpful thoughts the easier it will become.

You'll find 7 copies of the diary in this document. Here's an example:

Situation	Feelings	Behaviour	Unhelpful thought	Thought challenge
"I was in the pub with my friend. Someone at the next table was laughing and they looked over at me."	"Anxious, paranoid, annoyed, angry."	"Stormed out of the pub."	"I thought, 'they're laughing at me, they think I'm weird.' It was mind reading, and jumping to conclusions."	"I can't tell what someone else is thinking, so there's no evidence they were thinking I'm weird.  If a friend was in this situation, I'd tell them to ignore what other people are doing and focus on what their friend is saying, and have fun.  I got angry because I felt anxious. The best way to deal with the situation is to relax and enjoy my night out."

<b>Situation – where you were, who was there, and what was happening</b>	<b>Feelings – the emotions you felt</b>	<b>Behaviour – what you did</b>	<b>Unhelpful thought – what did you think, and what type of unhelpful thought was it?</b>	<b>Thought challenge – record your answers to the thought challenging questions here</b>

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