

Identifying unhelpful thoughts

Over the next week or 2, use the diary below to record the times that you've been angry and what's triggered that anger. Then, try to write the thoughts you had when you were angry. This will help you to identify the type of unhelpful thought you might have been having at the time.

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 identifying unhelpful thoughts the easier it will become.

You'll find the diary on the next 3 pages.

Situation – where you were, who was there, and what was happening	Feelings – the emotions you felt	Behaviour – what you did	Unhelpful thought – what did you think, and what type of unhelpful thought was it?
<p>For example:</p> <p>I was in the pub with my friend. Someone at the next table was laughing and they looked over at me.</p>	<p>For example:</p> <p>Anxious, paranoid, annoyed, angry.</p>	<p>For example:</p> <p>Stormed out of the pub.</p>	<p>For example:</p> <p>I thought, “they’re laughing at me, they think I’m weird.”</p> <p>It was mind reading, and jumping to conclusions.</p>

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