

Balanced Thinking

Diary



Balanced Thinking Diary

SITUATION What happened?	THOUGHTS What went through your mind? Rate how much you believe your thoughts?	FEELINGS What emotions do you notice? How strong are they - rate?	SUPPORT EVIDENCE What evidence supports your thoughts?	CHALLENGE What evidence does not support these thoughts?	BALANCED THOUGHT What is a more balanced/helpful thought?	RE-RATE FEELINGS Notice if your original feeling has reduced or increased in strength.
Partner got home and kicked shoes off in the hallway	"He always does it" "He's done it on purpose to annoy me" "How could anyone be so lazy!"	Angry 8/10	He did the same thing yesterday and the day before	He doesn't usually annoy me on purpose. I haven't told him how much I hate it.	"My partner wouldn't annoy me on purpose, I will chat with him about the shoes."	4/10

