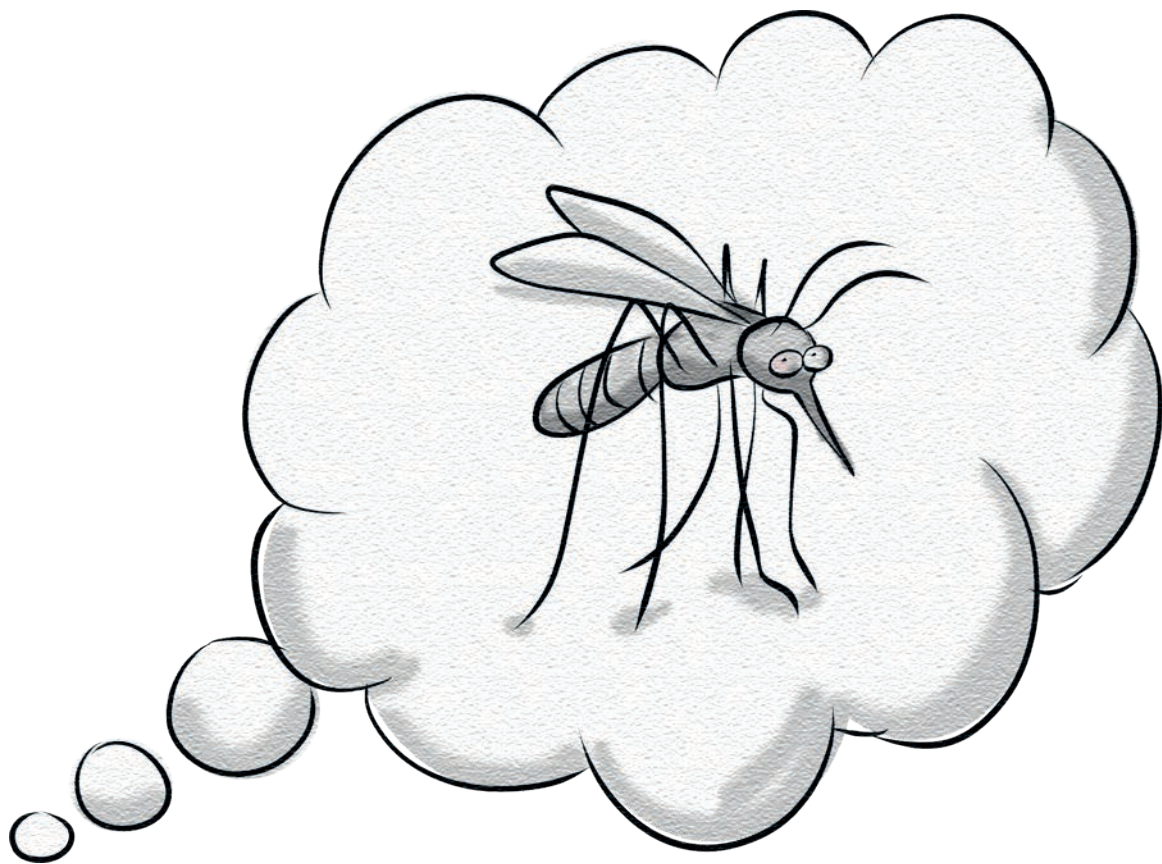


Negative Automatic Thoughts

Diary



Negative Automatic Thoughts Diary

DAY & TIME Where were you, who were you with, what happened?	SITUATION Where were you, who were you with, what happened?	THOUGHTS What went through your mind?	FEELINGS How did you feel? Rate the feeling	WHAT YOU DID How do you react in the situation? What did you think might happen?
Monday	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	Had a hissy fit!! Threw his shoes across the landing

