

# Thinking Errors

## Thought Diary



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<b>DAY &amp; TIME</b>	<b>SITUATION</b> Where were you, who were you with, what happened?	<b>THOUGHTS</b> What went through your mind?	<b>FEELINGS</b> How did you feel? Rate the feeling	Do you recognise any 'thinking errors'? i.e. Downers, Blowing things up etc.
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	Magnifying the negatives Mind Reading

