Thought Diary

Situation What happened?	Thoughts What were you saying to yourself at the time?	Emotions How did these thoughts make you feel?	Type of thoughts Were these helpful thoughts? If not, what type of unhelpful thinking was it?	Rational thought How could you change your original thought to make it more helpful?
Eating chocolate after an argument with parents	"I can't do anything right, I'm never going to be able to lose weight."	Sad Frustrated Angry	All or nothing Overgeneralised Fortune-telling	Just because I had chocolate today it doesn't mean that I'll never make positive changes. Every day is a learning experience and I'll find new ways to manage my frustration and anger.
Had larger portion of food at lunchtime	"It was a free lunch" I haven't lost any weight so I might as well." My colleagues will think I am weird if I don't have any chocolate."	Ashamed Hopeless Guilty	Overgeneralising Mind Reading	Eating more will only make it more challenging for managing portions in the future. I would've been better of resisting the temptation, but I can start now. I haven't lost any weight this week, but I haven't gained any either.
Spontaneous food purchase	"I was hungry on the way home from work."	Irritated	Permission-giving	I had an extra snack today, but it doesn't mean I will do this every day. I just need to make sure I have a snack before I leave off work.

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