

## Daily Record of Thoughts

<p><b>Date</b></p>	<p><b>Activating Event</b>                      Briefly describe the actual events that led to the way you felt.</p>	<p><b>Consequential Feelings and Behaviours</b></p> <ol style="list-style-type: none"> <li>1. Specify the emotion (e.g. sad, anxious, angry).</li> <li>2. Rate the degree of the emotion (0 to 100).</li> </ol>	<p><b>Beliefs or Automatic Thoughts</b></p> <ol style="list-style-type: none"> <li>1. Record what was going through your mind at the time of the emotion.</li> <li>2. Rate the strength of your belief in the automatic thought(s) Scale 0 - 100%.</li> </ol>