

Thought Journal

Situation	Thoughts	Emotions	Behaviors (in response to Thoughts/Emotions)	Alternative Thought &/Or Behaviors	Outcome
<p><i>e.g. I'm eating alone for dinner on a Friday night...</i></p>	<p><i>e.g. No one likes me because no one wants to eat with me, or make time for me.</i></p>	<p><i>e.g. Sad (8/10), Frustrated (1/10)</i></p>	<p><i>e.g. I ate a lot of junk food, laid on my bed all night thinking the same thoughts.</i></p>	<p><i>e.g. I'm sure a lot of people are also alone at home resting tonight, and it's not because they don't like me. I will learn to enjoy my own company!</i></p>	<p><i>e.g. I felt less sad and slightly motivated, decided to exercise or book a massage next time something similar happens!</i></p>