

Table 1 Thought diary

What was going on?	What was the thought that popped into your head? These are your “hot thoughts” .	How did this make you feel? How bad did you feel (0 – 10)?	Any bodily changes you noticed?	What did you do? What happened after that?	What could you think next time you are in a situation like this? List all the possible “cool coping thoughts” , even if you only slightly believe them.	If you believed this coping thought, what would your new feeling be? (It might only be slightly different)