

Cognitive Behavioral Thought Journal

Date	Situation	Emotions	Automatic Thoughts	Schema Theme	Rational Response	Outcome
	Describe what led to unpleasant emotion	What was the emotion? How intense was the emotion?	What thoughts came from the situation and led to the emotion? How much do you believe these thoughts?	What do these thoughts say about you?	What are some other more rational thoughts? How much do you believe these thoughts?	Is there a change in emotion? If so, rerate the emotional intensity?

1	2	3	4	5	6	7	8	9	10
No problem	Who really cares?	Slightly annoying	Kind of gets to me	Regularly bothers me	Bothered and it <i>starting</i> to cause problems	Bothered and has caused some problems	Creates <i>significant</i> problems during the day	Going to freak out	Incapacitating, cant' function.