

Negative Thoughts Log

A useful tool for tracking negative thought patterns, helping you understand them better and work towards a more positive mindset.

Situation

Describe the situation that triggered your negative thinking

Who were you with?
What were you doing?
Where were you?
When did it happen?

Negative Thoughts

What went through your mind?
(Thoughts, images, or memories)

If it was an image or memory,
what did it mean to you?

Emotions & Body Feelings

What did you feel?
How strong was that feeling?
(0-100%)

Responses

What did you do?
How did you cope with those feelings?

Negative Thoughts Log

A useful tool for tracking negative thought patterns, helping you understand them better and work towards a more positive mindset.

Situation

Describe the situation that triggered your negative thinking

Wednesday 6:00pm
Dropped a tray of food as I was getting it out of the microwave.

Saturday 12:00pm
Waiting to meet a friend in town.

Friday 10:00pm
At home alone. I'd said no to going out with a friend as I had been feeling anxious and was regretting it.

Negative Thoughts

What went through your mind?
(Thoughts, images, or memories)

I can't even get that right.
I'm pathetic.

I bet she doesn't come.
Picturing times when I've been left out or excluded.
Picturing times when I've been horrible to other people.

I hate myself.
Why am I so shit?

Emotions & Body Feelings

What did you feel?
How strong was that feeling?
(0-100%)

Angry.
Hot feeling in my chest.
Hopeless.

Nervous.
Sad.
Feel 'heavy' in my head.

I felt sad and was crying.
I felt trapped and like it wasn't going to get better.

Responses

What did you do?
How did you cope with those feelings?

I shouted to let the feeling out, then cleaned up.

I didn't do anything. I just sat there thinking about all of these awful things until she turned up.

I self-harmed by cutting my thighs.