

# Diary of my negative thoughts

What triggered me and when?

Neutral, objective description of what happened  
When? How? Where? With whom?

What was the negative thought?

The first uncontrolled thought that has come  
A sentence, a word, an image

Triggered feelings

Observed emotions and physical reactions  
Intensity of emotions

Friendly alternative thought

What speaks against the negative thought?  
Can I see it differently?