

# Negative Thought Trap Diary

| <p><b>Situation</b><br/>What am I doing, where, who with?</p> | <p><b>Negative Thought</b><br/>What am I thinking,<br/>What's going through my mind?</p> | <p><b>Thought Trap</b><br/>Identify the negative Thought Trap, eg mindreading, catastrophising, personalising</p> | <p><b>Challenge</b><br/>Search for evidence,<br/>Am I right to think that?<br/>What would I say to friend?<br/>What are the costs/benefits of thinking this way?</p> | <p><b>More Balanced, Rational Thought</b><br/>Considering all the evidence, what do I think now?</p> |
|---|--|---|--|--|
|   |  |   |  |  |

