

# Negative Thought Trap Diary

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

