# Thought Log: Keeping Track of Your Thoughts, Environment, and Emotions

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<table>
<thead>
<tr>
<th>Date / Time</th>
<th>Who Was Present, What Were You Doing, Where Were You?</th>
<th>Thoughts</th>
<th>Emotional Response</th>
</tr>
</thead>
<tbody>
<tr>
<td>08/08/08 2:00pm</td>
<td>My wife, cleaning garage at home</td>
<td>“She always moves my things. She never listens to me. I can’t stand to be ignored!”</td>
<td>Anger, Frustration, Irritation</td>
</tr>
</tbody>
</table>

*Use Extra Paper if Needed*
1. Look over your thoughts. Utilize the exercise “What Kind of Thinker Are You?” to determine which categories your thoughts belong to. List the categories that best fit your personal thoughts.

   **Auto-Thought Categories**

   Example

   *Black or White Thinking; Globalization (Global Reasoning); Shoulds*

   a. _________________________
   b. _________________________
   c. _________________________
   d. _________________________
   e. _________________________

2. Summarize the emotions you experience related to your thoughts.

   **Emotions**

   a. _________________________
   b. _________________________
   c. _________________________
   d. _________________________
   e. _________________________

3. Are your thoughts creating healthy, desirable emotions (Y / N)? How accurate do you believe your thoughts to be (0 – 100%)?

   a. Accuracy of your thoughts = ________ %

4. How do you judge accuracy? What concrete evidence do you have that you’re correct? Be careful. Don’t use “feelings” or “personal beliefs” as concrete evidence.

   a. Concrete evidence

   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________

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b. Would others agree or disagree with you? If so, why / why not? How would you convince those who disagree that you are correct or accurate?

__________________________________________________________________
__________________________________________________________________

__________________________________________________________________

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____________________________


c. Can you prove your position with facts? If so, what are they?

__________________________________________________________________
__________________________________________________________________

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__________________________________________________________________

__________________________________________________________________


d. Are you engaging in Automatic Thinking Patterns (Y / N)?

e. Are your thoughts/beliefs more personal opinion or objective fact? The truth is that many people commonly mistake opinion for fact. Furthermore, individuals frequently make judgments that are not grounded in concrete evidence.

5. By their very nature, Automatic Thoughts are inaccurate. Try replacing your Automatic Thoughts with more accurate and positive statements.

<table>
<thead>
<tr>
<th>Auto Thought</th>
<th>Replacement Statement</th>
</tr>
</thead>
<tbody>
<tr>
<td>&quot;She always moves my stuff.&quot;</td>
<td>&quot;She moves several household items more than I think is necessary.&quot;</td>
</tr>
<tr>
<td>&quot;She never listens to me.&quot;</td>
<td>&quot;I don’t feel heard. I believe our communication needs improvement.&quot;</td>
</tr>
<tr>
<td>&quot;I can’t stand to be ignored!&quot;</td>
<td>&quot;I do not like to feel unimportant.&quot;</td>
</tr>
<tr>
<td>a. __________________________</td>
<td>__________________________</td>
</tr>
<tr>
<td>b. __________________________</td>
<td>__________________________</td>
</tr>
<tr>
<td>c. __________________________</td>
<td>__________________________</td>
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<tr>
<td>d. __________________________</td>
<td>__________________________</td>
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<tr>
<td>e. __________________________</td>
<td>__________________________</td>
</tr>
</tbody>
</table>
6. What types of emotions are associated with your more accurate and positive replacement statements?

________________________________________________________________________

________________________________________________________________________

7. Do you see a trend with your negative thoughts and emotions? Are there particular people or activities that seem to trigger negative thoughts? Be proactive and prepare for circumstances, people, and situations that trigger negative thoughts. If you are prepared, you will be better able to identify your Automatic Thoughts and replace them with more accurate and positive statements!

References

