

Basic Thought Journal

Situation When? Where? Who? What Happened?	Feelings One-word summaries. Rate 0-100.	Automatic Thoughts What you were thinking just before and during the unpleasant experience.
Stuck on freeway.	anger 80	Late. Boss angry. Last one in. Have to rush all day.
Given extra work.	anxiety 90	I'll be here all night. Can't stand it. Jenny will be mad if I'm late.
Given extra work.	resentment 75	They always dump on me. It's not fair.
Have to work through lunch.	anxiety 85	I'm hungry, I'm tired. I can't stand this.
Have to work through lunch.	anger 65	Why don't they get enough staff to help? This is ridiculous.
Working late, have to call wife.	anxiety 75	She's really going to blow up.
Driving home.	depression 80	This is my whole life. There's no way out of this.
Watching TV with kids.	depression 90	They never talk to me. They hardly know me. They don't care.
Wife goes to bed early.	depression 75	She's really mad. She's disgusted with me.