

Thought Diary – Weekly Calendar

Use this weekly calendar to record daily examples of unhelpful or automatic thoughts. Focus on the link between the situation, what you were thinking, how you felt, and how you responded. This structure supports the development of insight and self-awareness.

Date	Situation What was happening?	Automatic Thought What went through your mind?	Emotions Experienced What did you feel?	Body Sensations What did you notice physically?	Behaviour What did you do or avoid doing?
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

