



CBT diary



ACTIVATING EVENT	EMOTIONS	THOUGHTS AND OR IMAGES	BEHAVIOURS
<p>Where were you? Who was there? What were you doing? When?</p>	<p>What did you feel at the time? How strongly did you feel it? Not much 0-10 very strongly</p>	<p>What am I saying to myself? How strongly do you believe the thought? Not at all 0 - 10 believe completely</p>	<p>What did you do after experiencing the thought?</p>
ACTIVATING EVENT FOR YOUR CHILD	CHILD'S RESPONSE	CHILD'S NEGATIVE EXPECTATIONS	AVOIDANT / ANXIOUS BEHAVIOURS
<p>Where were they? Who was there? What were they doing? When?</p>	<p>How did they respond?</p>	<p>Did they have any negative predictions or expectations?</p>	<p>How did they behave? Avoidance, reassurance seeking etc.</p>