



Thought Stop Journal

SITUATION
THAT LED TO
NEGATIVE
EMOTION

WHAT EMOTION OR
FEELING DO YOU
HAVE ABOUT
YOURSELF FROM
THAT ACTION

WHAT DO YOU
THINK ABOUT
YOURSELF
BASED UPON
EMOTION?

WHAT EVIDENCE IS
THERE FOR AND
AGAINST THE
NEGATIVE SELF-
THOUGHT

WHAT IS A
HEALTHIER
THOUGHT OR
RESPONSE TO
YOURSELF