

Self-Monitoring Chart

Date / Time	
Activating Event (What is happening)	
Thoughts and Images (What I am thinking)	
How strongly do I believe this? 0 – Negative thought absolutely NOT true 100 – Negative thought absolutely true	
Feelings (What I am feeling – emotions and physical sensations)	
How strongly do I feel this? 0 – Feeling very mild 100 – Feeling very strong and intense	
Behaviour (What I am doing)	

<p>Challenging (dysfunctional) thoughts See the “Challenging Negative Thoughts Poster” Evidence to dispute (dysfunctional) thoughts</p>	
<p>Now, how strongly do I believe my original dysfunctional thought? 0 – Negative thought absolutely NOT true 100 – Negative thought absolutely true</p>	
<p>New (functional) thoughts and images</p>	
<p>New (functional) feelings</p>	
<p>New (functional) behaviour</p>	

