



Thought Diary

Action/ event	Belief/thought feeling	Consequence/ belief	Dispute		Empowerment
			Evidence for the belief	Evidence against the belief	
<i>Eating dinner</i>	<i>I will get fat if I eat dinner</i>	<i>Restriction of food; greater chance of binge eating</i>	<i>When I would eat dinner regularly, I was bigger</i>	<i>The rest of my diet wasn't very healthy; I was over eating</i>	<i>Logically, if I eat well most of the time, I won't get bigger</i>



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