



weight management psychology

Thought Management Diary

Activating event: _____

Belief: _____

Consequences: _____

Dealing with belief (Disputing/Distancing/Distracting):

Effect of dealing with belief:

Activating event: _____

Belief: _____

Consequences: _____

Dealing with belief (Disputing/Distancing/Distracting):

Effect of dealing with belief:

Activating event: _____

Belief: _____

Consequences: _____

Dealing with belief (Disputing/Distancing/Distracting):

Effect of dealing with belief:



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Thought Management Diary

Completing The Thought Management Diary (ABCDE)

Activating Event – Write down here the event that has triggered the unhelpful thinking. Try to remove any perceptions, judgments, and biases, and write it as objectively as possible.

Belief – Write down your unhelpful thought, belief, or attitude here. This may be a thought that is contributing to unhelpful actions, unpleasant feelings, or continued negative thoughts.

Consequences – Write down the consequences of the belief. This is how the belief effects your actions, feelings, or further thoughts (note, it is the consequences of the Belief around the Activating event, not the Activating Event itself).

Dealing with the belief (Disputing/Distancing/Distracting) – This is for how you are going to deal with the Belief. There are three options:

Disputing: As the name suggests is about disputing the unhelpful thinking and replacing it with more helpful thinking. Write down a new way of thinking about the activating event that is more workable, positive, or realistic.

To help, you may ask:

- What thought would I like, want, or prefer to have here?
- What thought may be more positive, realistic, or work better?
- If a friend was to give me some advice on this situation, what would they say?

Distancing: Also as the name suggests is about creating distance between you and the unhelpful thought (without having to change the thought itself).

Ways that you can do this are:

- Repeat the thought after saying the phrase “I’m having the thought”
- Try to observe the thought as a thought (not “you” and not a fact!)
- Imagine the thought is on a cloud in your mind and notice it come and go.

Distracting: As the name suggests distracting is about focusing on something else, although the way we would define it would be focusing on something helpful (e.g., focusing on doing the washing and some chores for an hour may be more helpful than watching TV for three hours!).

Effect of Dealing with the belief – Once you have dealt with the belief, write down the effect of the new way of thinking on your actions, feelings, and further thoughts. This section is like the “Consequences” section, but for the consequences of dealing with the Belief (rather than the Belief itself).