Thought Labeling Worksheet

Daily Log - 10 Thoughts/Day for 7 Days

Thought 1

Date & Time: _____

Thought (verbatim): _____

Label (choose one: Fact / Opinion / Prediction / Judgment / Memory / Plan): _____

Emotion + Intensity (0-10): _____

Action Urge (argue, avoid, scroll, snack, etc.): _____

Thought 2

Date & Time: _____

Thought (verbatim): _____

Label (choose one: Fact / Opinion / Prediction / Judgment / Memory / Plan): _____

Emotion + Intensity (0-10): _____

Action Urge (argue, avoid, scroll, snack, etc.): _____

Thought 3

Date & Time: _____

Thought (verbatim): _____

Label (choose one: Fact / Opinion / Prediction / Judgment / Memory / Plan): _____

Emotion + Intensity (0-10): _____

Action Urge (argue, avoid, scroll, snack, etc.): _____

Thought 4

Date & Time: _____

Thought (verbatim): _____

Label (choose one: Fact / Opinion / Prediction / Judgment / Memory / Plan): _____

Emotion + Intensity (0-10): _____

Action Urge (argue, avoid, scroll, snack, etc.): _____

Thought 5

Date & Time: _____

Thought (verbatim): _____

Label (choose one: Fact / Opinion / Prediction / Judgment / Memory / Plan): _____

Emotion + Intensity (0-10): _____

Action Urge (argue, avoid, scroll, snack, etc.): _____

Thought 6

Date & Time: _____

Thought (verbatim): _____

Label (choose one: Fact / Opinion / Prediction / Judgment / Memory / Plan): _____

Emotion + Intensity (0-10): _____

Action Urge (argue, avoid, scroll, snack, etc.): _____

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Thought 7

Date & Time: _____

Thought (verbatim): _____

Label (choose one: Fact / Opinion / Prediction / Judgment / Memory / Plan): _____

Emotion + Intensity (0-10): _____

Action Urge (argue, avoid, scroll, snack, etc.): _____

Thought 8

Date & Time: _____

Thought (verbatim): _____

Label (choose one: Fact / Opinion / Prediction / Judgment / Memory / Plan): _____

Emotion + Intensity (0-10): _____

Action Urge (argue, avoid, scroll, snack, etc.): _____

Thought 9

Date & Time: _____

Thought (verbatim): _____

Label (choose one: Fact / Opinion / Prediction / Judgment / Memory / Plan): _____

Emotion + Intensity (0-10): _____

Action Urge (argue, avoid, scroll, snack, etc.): _____

Thought 10

Date & Time: _____

Thought (verbatim): _____

Label (choose one: Fact / Opinion / Prediction / Judgment / Memory / Plan): _____

Emotion + Intensity (0-10): _____

Action Urge (argue, avoid, scroll, snack, etc.): _____

End of Day 1 Tally

Label	Count
Fact	
Opinion	
Prediction	
Judgment	
Memory	
Plan	