Diary

For 14 days or more write the emotions, thoughts, and any symptoms you have 3 times a day. Write how strong the feeling is, what happened and whether you believe something about yourself or others. Thoughts, feelings, and symptoms might be related.

If you forget one day, just continue the next day – no worries. You just need notes for 14 days. Write a comment about your sleep the night before so that you can also include the quality of your sleep and how long you may have to speculate before falling asleep. Three times a day, for example, in the morning, afternoon and evening, you may take notes:

- It is quite OK, if you note several emotions one morning, just give each feeling a scale

- Scale: Write down on a scale from 0 to 10 how intense the feelings/symptoms where. 0 is no feeling/symptom and 10 is the most intense you have ever experienced of the feeling/symptom you noted

- What happened: Write briefly what happened around you. Describe the situation that caused you to a change of mood. If you were in your basic mood, then also note that feeling

- Beliefs/auto-thinking: If you can get hold of what beliefs you have about yourself when you have the feeling, write it down. For example, *"I'm always in a good mood"* (feeling: happy). "Here is too much to do" (feeling: stressed). *"I can't figure out anything"* (feeling: inferiority). *"The others don't love me"* (feeling: unhappy). *"The others are some idiots"* (feeling: anger*). "I am much better than the others"* (feeling: superior). "*No one thinks of me"* (feeling: sorry).

If you can't catch your beliefs, it's OK, it'll come. Write what you think the "truth" is, in the moment. I write "truth" as a quote because it is a truth right in the moment you say the phrase to yourself.

If it is not a statement that do you any good, then you must have this limiting belief replaced with some better belief, that supports you and your values or otherwise makes you feel better.

If you forget to make a note of one day, continue without delay the next day.

If you feel stressed, uneasy, tired, exhausted or the like, then also note if sleep was good and if you fell asleep quickly and for how many hours.

Example:

Morning:
Tremor Scale:5 *Frustration* Scale: *6* **What happened**: The manager gave me another task, and I am already overloaded Belief: *"I am no good", "I am always in a hurry". "The manager does not like me"*
Noon:
Tremor Scale: 7 Confused Scale: 7 **What happened**: Robert ignored me during the coffee break **Belief:** *"I have done something wrong". "Most people do not like me"*

Print out the next page in 14 copies or copy the table for electronic storing.
Or fill out the electronic form, if you have one and save it to you device

Diary - using the HOPE Shortcut *to reduce symptoms and feelings*

No day: _____   *weekday:* _____
Quality of sleep in the night: Scale: Hours of sleep:_____

Feelings and symptoms - end of morning:

1:	Scale:
2:	Scale:
3:	Scale:
4:	Scale:
5:	Scale:
6:	Scale:

What happened:

Belief /what did you tell yourself:

Feelings and symptoms end of noon:

1:	Scale:
2:	Scale:
3:	Scale:
4:	Scale:
5:	Scale:
6:	Scale:

What happened:

Belief /what did you tell yourself:

Feelings and symptoms end of evening:

1:	Scale:
2:	Scale:
3:	Scale:
4:	Scale:
5:	Scale:
6:	Scale:

What happened:

Belief /what did you tell yourself: