

Thought Diary

Action/ Event	Belief/ Thought/ Feeling	Consequence (of belief)	Dispute		Empowerment
			(evidence <u>for</u> belief)	(evidence <u>against</u> belief)	
<i>Eating lunch</i>	<i>"I am going to get fat if I eat this"</i>	<i>*Reluctance to eat *More likely to binge *Slows down recovery Process</i>	<i>*I haven't eaten this for a long time, I was larger when I used to eat it</i>	<i>*Metabolism could increase *One extra piece of food will not make a difference</i>	<i>I feel worried about eating this however it is unlikely it will make me fat</i>