



Thought Tracker & Mood Log



Intrusive Thought Tracker

Purpose: Helps you notice intrusive thoughts, label them, and practice responding in a healthier way.

Date	Trigger Situation	Intrusive Thought	Urge/Compulsion	Alternative Response	Distress Before (0-10)	Distress After (0-10)

Depression Mood Log

Purpose: Track mood changes, thought patterns, and coping tools to see progress over time.

Date	Mood Rating (1-10)	Energy Level	Self-Critical Thought	Balanced/Helpful Thought	Action Taken	Reflection

*It might be helpful to do the reflection the next day or later

*use this paper or if it is more helpful use a notebook