

THOUGHT RECORD

Directions: When you notice your mood getting worse, ask yourself, “What’s going through my mind right now?” and as soon as possible, jot down the thought or mental image in the Automatic Thoughts column. Then consider how accurate or realistic those thoughts are.

<u>Date</u>	<u>Situation</u> Where were you – and what was going on – when you got upset?	<u>Emotions</u> What emotions (sad, anxious, angry, etc.) did you feel at the time? Rate the intensity of each (0 - 100%).	<u>Automatic Thoughts</u> What thoughts and/or images went through your mind? Rate your belief in each (0-100%).	<u>Alternative responses</u> Use the questions at the bottom to compose responses to the automatic thoughts. Rate your belief in each (0-100%) Also, consult the list of possible distortions.	<u>Outcome</u> Rerate your belief in your automatic thoughts (0-100%) and in the intensity of your emotions (0-100%).

- (1) What is the **evidence** that the automatic thought is true? What is the evidence that it is not true?
- (2) Are there **alternative explanations** for that event, or **alternative ways** to view the situation?
- (3) What are the **implications** if the thought is true? What’s the most upsetting thing about it? What’s the most realistic view? What can I do about it?
- (4) What would I tell a good friend in the same situation?

Possible Distortions: All-or-nothing Thinking; Overgeneralizing; Discounting the Positives; Jumping to Conclusions; Mind-reading; Fortune-telling; Magnifying/Minimizing; Emotional Reasoning; Making “Should” Statements; Labeling; Inappropriate Blaming.