

Thought Record

Instructions: Complete one thought record for each difficult situation. 1. Briefly describe the situation. 2. Skip the second column and enter all of your emotions in the emotions column, then rate the intensity of each emotion on a scale from 0-100. 3. List all of your automatic thoughts in the Automatic Thoughts column, and rate how much you believe them on a scale from 0-100. 4. Choose the automatic thought that is most responsible for your distress, and use it to answer the probing questions on the second page. 5. Finally, using your answers to the probing questions, develop a short alternative response to the automatic thought you choose.

SITUATION	AUTOMATIC THOUGHTS	EMOTIONS	ALTERNATIVE RESPONSE
What event(s) led to the negative emotions?	What thoughts/images ran through your mind? How strongly did you believe each one? (0-100)	What emotion(s) did you feel? Rate the intensity of each emotion (0-100)	Formulate a more effective response to each thought using the probing questions on the page below.
Talking with friends Over lunch	I don't know what to say. If I talk, I'll interrupt, and they'll think I'm rude. I'll sound awkward and stutter. <u>They'll think I'm not smart.</u>	Anxiety (80) Shame (50) Sadness (30)	The more I talk, the more confident I'll feel and the better I'll come across.

Thought Record

Probing Questions: Pick one thought from the thought record: They'll think I'm not smart

1. What is the effect of believing this thought? I stay silent. I feel ignored in the conversation. I get discouraged.

What would happen if I didn't believe this thought? I'd probably talk more and feel more included.

2. What is the evidence supporting this thought? When I'm nervous, my mind goes blank and I get tongue tied. I feel like I never have anything to contribute to the conversation.

What is the evidence against this thought? I think am pretty smart. I usually do pretty well with my friends one-on-one. They know me pretty well, and I don't think their views of me would change so drastically just based on one awkward conversation.

3. Is there an alternative explanation? They might think I'm pretty smart. They might think I'm nervous. They might be the ones to feel awkward. They might not notice I'm anxious. I could try to talk more until I feel comfortable and sound smart.

4. What's the worst that could happen, and would I survive it? My mind would go blank, and I wouldn't make sense. It would be uncomfortable, but I'd survive.

What's the best that could happen? I'd muster up courage and talk, and I'd feel very comfortable. I would sound very intelligent.

What is the most likely? I would talk, and it would be uncomfortable, but I'd feel more comfortable as the conversation went on.

5. If my friend, Tawny were in this situation, what would I tell them? I'd say if she talked more, she'd feel more comfortable. And nobody sounds smart all of the time. Even if you say some things that don't make sense, they know you pretty well and already have well-formed opinions of you.

6. What can I do about this? I should make an effort to talk despite feeling uncomfortable, knowing it need not go perfectly.

Now use your responses to these questions to create an alternative response, and add it to your thought record.