

# 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. You can refer to the sample worksheet in Part 6 for examples. Print out as many pages as you need.

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.

# Thought Record

Probing Questions: Pick one thought from the thought record, and investigate it using these questions.

1. What is the effect of believing this thought? \_\_\_\_\_

What would happen if I didn't believe this thought? \_\_\_\_\_

2. What is the evidence supporting this thought? \_\_\_\_\_

What is the evidence against this thought? \_\_\_\_\_

3. Is there an alternative explanation? \_\_\_\_\_

4. What's the worst that could happen, and would I survive it? \_\_\_\_\_

What's the best that could happen? \_\_\_\_\_

What is the most likely scenario? \_\_\_\_\_

5. If my friend, \_\_\_\_\_ were in this situation, what would I tell them? \_\_\_\_\_

6. What can I do about this? \_\_\_\_\_

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