

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 determine which distortion it is a product of. 5. Then use it to answer the probing questions on the second page. 6. Finally, using your answers to the probing questions, develop a short alternative response to the automatic thought you choose.

SITUATION	AUTOMATIC THOUGHTS	EMOTIONS	DISTORTION	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)	Which cognitive distortion(s) is this thought a product of?	Formulate a more effective response to each thought by identifying distortions and using the investigation questions:
Talking with friends over lunch	<p>I don't know what to say.</p> <p>If I talk, I'll interrupt, and they'll think I'm rude.</p> <p>I'll sound awkward and stutter.</p> <p><u>They'll think I'm not smart.</u></p>	Anxiety (80)	<p>jumping to conclusions</p> <p>catastrophizing</p> <p>all-or-nothing</p>	<p>The more I talk, the more comfortable I'll feel.</p> <p>I can handle it if it doesn't go perfectly.</p>

Thought Record

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.