

Thought Record

When you notice your mood changing, ask yourself, "What's going through my mind right now?" and as soon as possible write down the thought or mental image in the Automatic Thought(s) column.

Date/Time	Situation	Automatic Thought(s)	Emotion(s)	Adaptive Response	Outcome
	1) What actual event or stream of thoughts, or daydreams or recollection led to the unpleasant emotion? 2) What (if any) distressing physical sensations did you have?	1) What thought(s) and/or image(s) went through your mind? 2) How much did you believe each one at the time (0-10)	1) What emotion(s) (sad/anxious/angry/etc.) did you feel at the time? 2) How intense (0-10) was the emotion?	1) What cognitive distortion(s) did you make? 2) Use questions at bottom to compose a response to the automatic thought(s) 3) How much do you believe each response (0-10)	1) How much do you now believe each automatic thought? 2) What emotion(s) do you feel now? How intense (0-10) is the emotion? 3) What will you do or did do?

Questions to help you compose an alternative response: (1) what is the evidence that the automatic thought is true? Not true? (2) Is there an alternative explanation? (3) What is the worst that could happen? How could I cope? What is the best that could happen? What is the most realistic outcome? (4) What is the effect of my believing the automatic thought? What could be the effect of my changing my thinking? (5) What should I do about it? (6) If ____ (friends name) was in the situation and had this thought, would would I tell him/her?