

Dysfunctional Thought Record

When you notice you are having strong negative emotions, ask yourself, **“When that happened, what went my mind?”**

Date and Time	Situation 1) What event or stream of thoughts, or daydreams, or recollection led to the unpleasant emotion? 2) What (if any) distressing physical sensations did you have?	Automatic thoughts 1) What thoughts and / or images went through your mind? 2) How much did you believe each one at the time?	Emotions 1) What emotion(s) (sad, anxious, angry, etc.) did you feel at the time? 2) How intense (0-100%) was the emotion?	Alternative Response 1) (optional) What cognitive distortion did you make? (a) 2) Use the questions at the bottom of the page to compose a response to the Automatic Thoughts (b) 3) How much do you believe each response?	Outcome 1) How much do you now believe each automatic thought? 2) What emotion do you feel now? How intense (0-100%) is the emotion? 3) What will you do? (or did you do)

a) all-or-nothing thinking, over generalizing, mental filter, disqualifying the positive, mind-reading / fortune telling, catastrophizing, emotional reasoning, should statements, labeling, personalization...

b) 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? Could I live through it? What is the best that could happen? What is the most realistic outcome? 4) What is the effect of me believing my automatic thought? What could be the effect of me changing my thinking? 5) What should I do about it? 6) If my friend was in this situation and had this thought, what would I tell him/her?