

Thought Record

Seeing how our thoughts are affecting us and developing a balanced perspective on any given situations.

Direction: Any time you notice your mood change in a negative manner, write down what you are thinking in the belief column. Then you can begin to work through how those thoughts are affecting you and begin the process of changing them.

Date Time	Activating Events Describe the event or thought that happened right before low mood, anxiety or depression.	Belief/Automatic Negative Thoughts. Write down the automatic negative thoughts that preceded the emotion (next column)	Consequences What was your response to the activating event (physically, emotionally, behaviorally)	Disputations/Alternative response Write counter responses to the automatic negative thoughts (aid: think as if you were talking with a friend that was struggling)	Effects How did the disputations affect your overall mood in contrast to automatic negative thoughts
		Predictions: <i>What are you predicting for the future?</i> (e.g., this always, I'll never)	Physical: <i>What is going on with your body?</i> (e.g., less energy, lethargic, tense, sleepy, slouching)	Predictions	Physical: How has your body's reaction changed, or differed?
		Labels: <i>What words are you using to summarize yourself?</i> (e.g., I'm stupid, worthless, they think...)	Emotional: <i>How are you feeling?</i> (e.g., sad, angry, frustrated, depressed, anxious, stressed)	Labels	Emotional: How have your emotions changed, or differed?
			Rate: 0-10 scale: 0 = lowest you have ever felt 10 = best you have ever felt		Rate: 0-10 scale: 0 = lowest you have ever felt 10 = best you have ever felt
		Standards: <i>What should have's and questions of yourself are you doing?</i> (e.g., I should have..., I must do...,)	Behavior: <i>How did your behavior change?</i> (e.g., became less engaged, unmotivated, more irritable towards others)	Standards	Behavior: How have your behaviors been affected, or differ?

Questions to help develop an alternative response: (1) what is the evidence that the automatic thought is true, or not true? (2) Is there an alternative explanation? (3) What is the worst that could happen, could I live through it? What is the most realistic outcome? (4) What is the effects of me believing the automatic, what could be the effects of me changing my thinking? (5) If a friend was in the same circumstances what would I tell them?