

THOUGHT RECORD

When you are having an unpleasant emotion, stop and write down what is happening. By keeping a daily journal of events, thoughts, moods and behaviors, you can see how your automatic negative thoughts are affecting you, then dispute them with rational arguments.

Fill in each area on the Thought Record:

ACTIVATING EVENT – What happened to trigger your thoughts, feelings and behavior.

BELIEF - Any thoughts, personal meaning or visual images you attributed to the situation.

CONSEQUENCE – Describe your reactions in the following areas:

1. Feeling – what emotional reaction occurred: _____ Intensity (10 = Worst) _____
2. Behavior – what did you do or not do: _____
3. Physiological – what bodily reaction resulted: _____
4. Then ask yourself “When I had this feeling, what was I thinking about? Do the same for your behavior and your physiological response. Then put these thoughts back in “Beliefs.” This will detect more automatic negative thoughts.

DISPUTE – Challenge unhelpful thoughts contributing to the negative emotional and physical consequences.

EFFECT – Describe the new effect and response.

1. Feeling – How do I feel now? _____ Intensity (10 = Worst) _____
2. Behavior – What positive action can I take? _____
3. Physiological – What bodily reaction am I having? _____
4. Thought – How might I think about this in similar situations? _____