

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. Finally, list all of your automatic thoughts in the Automatic Thoughts column, and rate how much you believe them on a scale from 0-100.

SITUATION	AUTOMATIC THOUGHTS	EMOTIONS
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)
I texted Jenn to see if she wanted to go on a second date, and she didn't respond	She's ghosting me. 100 What's wrong with me? 90 I totally messed everything up. 100 I'll never find someone who loves me. 60	sadness 60 aggravation 80