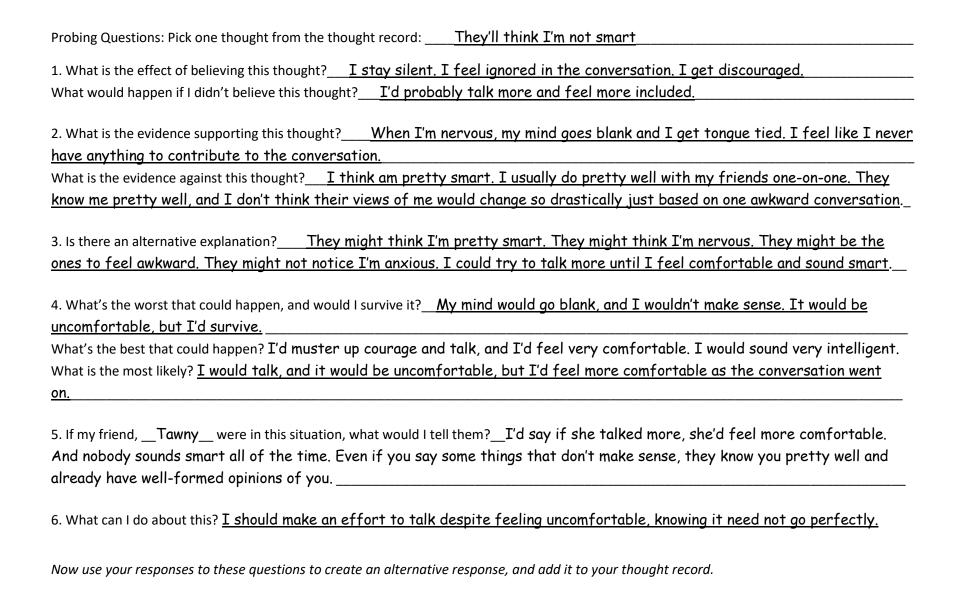
Thought Record

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. 3. List all of your automatic thoughts in the Automatic Thoughts column, and rate how much you believe them on a scale from 0-100. 4. Choose the automatic thought that is most responsible for your distress, and use it to answer the probing questions on the second page. 5. Finally, using your answers to the probing questions, develop a short alternative response to the automatic thought you choose.

SITUATION	AUTOMATIC THOUGHTS	EMOTIONS	ALTERNATIVE RESPONSE
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)	Formulate a more effective response to each thought using the probing questions on the page below.
Talking with friends Over lunch	I don't know what to say. If I talk, I'll interrupt, and they'll think I'm rude. I'll sound awkward and stutter. They'll think I'm not smart.	Anxiety (80) Shame (50) Sadness (30)	The more I talk, the more confident I'll feel and the better I'll come across.

Thought Record



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