

# THOUGHT RECORD

Instructions: Follow the hints at the bottom of each column in order to help you successfully reappraise your automatic thoughts and achieve a better balance in your thinking and emotions.

1. Describe The Situation	2. Identify And Rate Your Mood	3. Identify Automatic Thoughts Or Images	4. Facts That Support My Hot Thought(s)	5. Facts That Do Not Support My Hot Thought(s)	6. Balanced, Realistic Or Objective Thought	7. Rate How You Feel Now
<p>Describe the situation by answering the following questions:            What were you doing?            Was anyone with you?            What time or period of the day was it?            Where did it happen?</p>	<p>Identify how you are feeling and rate each mood from 0-100%. Use the 'Emotions Handout' if necessary. Remember that you can have more than one unpleasant emotion.</p>	<p>Identifying automatic thoughts and images can be hard. Answer one or more of the questions below to help you out: What was I thinking of just before I started to feel this way?            What does this say about me?            What does this mean about me, my life or my future?            What is my fear? What am I afraid will happen?            What is the worst that can happen?            What does this mean about how other people or the person thinks or feels about me?            What does this mean about people or the world in general?            What images/memories does this bring up?</p>	<p>Circle the hot thought(s) in column 3. A hot thought is the automatic thought that is really causing the emotion. Keep in mind you can have one hot thought related to one emotion or in the case of a number of emotions, a different hot thought for each emotion. Write only real facts. Pretend you are in a court of law and present facts that cannot be questioned.</p>	<p>Finding evidence against your hot thought(s) can be hard at times, especially when the emotion(s) are intense. Go through the questions in the left hand column of the next page to help you out.</p>	<p>What is the most balanced, realistic or objective way to see the situation? If this is difficult, ask yourself the questions in the right-hand column on the next page to help you out. Write down your balanced thought(s), as well as how much you believe it to be true from 0-100%.</p>	<p>Copy the moods from Column 2. Rerate how you now feel from 0-100%. Also write down any new emotions you may have. For example: relief, surprise, satisfied, etc.</p>

**QUESTIONS TO HELP ME FIND EVIDENCE THAT DOES NOT SUPPORT MY HOT THOUGHT(S)**

- What would I tell my best friend or a family member if they had this very same thought?
- What is the chance that this event or fear will really come true?
- If I do not have complete control over this, should I really be blaming myself?
- Am I really responsible for this outcome? For this person's behaviour?
- Did I write down concrete evidence in column 4 that could not be disputed in a court of law?
- Am I jumping to unfounded conclusions in column 3?
- What is the worst thing that can really happen if this event of fear were to come true?
- Will this bother me in one-hour, tomorrow or next week? If not, is it worth focusing on?
- In five years, will I see this situation differently? Will it really be that bad? Will I focus on a different aspect of the situation?
- When I am not bothered by this situation or feeling, do I think about it differently? How so?
- Am I being too self-critical? What is more helpful? Criticism or support?
- When I have had this feeling in the past, what did I tell myself or think to help myself feel better?
- Am I ignoring any strengths or positive characteristics that do not make this thought totally true?
- If a loved one knew I felt this way or had this thought, what would they tell me? What would they point out that I should pay attention too?
- What is the worst outcome possible? What is the best? What is the most likely?
- Do I think the facts in column 4 are truer than they really are because of emotional reasoning? Are feelings the same as facts?
- Have I lived a similar experience in the past? How did I get through it? What did I learn that I could use now?
- Is this thought really true all the time?

**QUESTIONS TO HELP ME FIND A BALANCED, REALISTIC OR OBJECTIVE WAY OF SEEING THE SITUATION**

- If you were a judge in a court case, how would you summarize the evidence in columns 4 and 5?
- By keeping all the evidence in mind in columns 4 and 5, what is the balanced, realistic or objective way of seeing the situation?
- Summarize all the evidence in column 4 into one sentence. Do the same for column 5. Does combining the two summary statements with the word "and" help you balance your thinking? What about using the word "but" between the two summary statements?
- If a loved one was living this same situation and had these same thoughts and facts available to them, what would my advice be? How would I suggest they think about the situation?
- If my hot thought in column 3 is really true and there is evidence against it in column 4, what is the worst possible outcome? What is the best outcome? What is the most likely outcome? Can I live with it?
- What would someone that I really trust say to me concerning all the facts in column 4 and 5?

# EXAMPLE OF A THOUGHT RECORD

Instructions: Follow the hints at the bottom of each column in order to help you successfully reappraise your automatic thoughts and achieve a better balance in your thinking and emotions.

1. Describe The Situation	2. Identify And Rate Your Mood	3. Identify Automatic Thoughts Or Images	4. Facts That Support My Hot Thought(s)	5. Facts That Do Not Support My Hot Thought(s)	6. Balanced, Realistic Or Objective Thought	7. Rate How You Feel Now
<p>I had an argument with my boss.</p> <p>Describe the situation by answering the following questions:            What were you doing?            Was anyone with you?            What time or period of the day was it?            Where did it happen?</p>	<p>Anxiety (80%).</p> <p>Identify how you are feeling and rate each mood from 0-100%. Use the 'Emotions Handout' if necessary. Remember that you can have more than one unpleasant emotion.</p>	<p>He's so stupid.</p> <p><b>I will get fired!</b></p> <p>I wish I could tell him off.</p> <p>Identifying automatic thoughts and images can be hard. Answer one or more of the questions below to help you out: What was I thinking of just before I started to feel this way?            What does this say about me?            What does this mean about me, my life or my future?            What is my fear? What am I afraid will happen?            What is the worst that can happen?            What does this mean about how other people or the person thinks or feels about me?            What does this mean about people or the world in general?            What images/memories does this bring up?</p>	<p>I was late for work 3 weeks ago.</p> <p>We had a disagreement about the current project last week.</p> <p>Circle the hot thought(s) in column 3. A hot thought is the automatic thought that is really causing the emotion. Keep in mind you can have one hot thought related to one emotion or in the case of a number of emotions, a different hot thought for each emotion. Write only real facts. Pretend you are in a court of law and present facts that cannot be questioned.</p>	<p>I got an excellent performance review 2 weeks ago.</p> <p>Our argument was about how best to complete the current project.</p> <p>He always asks for my opinion.</p> <p>Finding evidence against your hot thought(s) can be hard at times, especially when the emotion(s) are intense. Go through the questions in the left hand column of the next page to help you out.</p>	<p>Although we got into an argument, it was about how to complete a project and not about my work ethic. In fact, I recently had an excellent performance review. So there is no evidence I will be fired. (I believe this 90%).</p> <p>What is the most balanced, realistic or objective way to see the situation? If this is difficult, ask yourself the questions in the right-hand column on the next page to help you out. Write down your balanced thought(s), as well as how much you believe it to be true from 0-100%.</p>	<p>Anxiety (20%).</p> <p>Relief (75%).</p> <p>Copy the moods from Column 2. Rerate how you now feel from 0-100%. Also write down any new emotions you may have. For example: relief, surprise, satisfied, etc.</p>