

Dysfunctional Thought Record

Date/Time	Situation	Automatic Thought	Emotion(s)	Adaptive Response	Outcome
<p>Example Friday, 3/8 3:00 p.m.</p>	<p>1. What actual event or stream of thoughts, or daydreams or recollection led to the unpleasant emotion? 2. What (if any) distressing physical sensations did you have?</p>	<p>1. What thought(s) and/or image(s) went through your mind? 2. How much did you believe each one at the time?</p>	<p>1. What emotion(s) (sad/anxious/angry/etc.) did you feel at the time? 2. How intense (0-100%) was the emotion?</p>	<p>1. (optional) What cognitive distortion did you make? 2. Use questions at bottom to compose a response to the automatic thought(s). 3. How much did you believe each response?</p>	<p>1. How much do you now believe each automatic thought? 2. What emotion(s) do you feel now? How intense (0-100%) is the emotion? 3. What will you do (or did you do)?</p>
	<p>Thinking about asking Bob if he wants to have coffee.</p>	<p>He won't want to go with me. 90%</p>	<p>Sad 75%</p>	<p>(Fortune telling error) I don't really know if he wants to or not (90%) He is friendly to me in class. (90%) The worst that will happen is he will say no and I will feel bad for a while. (90%) The best is he will say yes. (90%) The most realistic is he may say he is busy but</p>	<p>1. 50% 2. Sad 50% Anxious 50%</p>

				<p>still act friendly. (80%) If I keep on assuming he does not want to go out with me, I will have no chance with him. (100%) I should just go up and ask him. (50%) What is the big deal, anyway? (75%)</p>	
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Questions to help compose an alternative response:

- (1) What is the evidence that the automatic thought is true? Not true?
- (2) Is there an alternative explanation?
- (3) What's the worst that could happen? Could I live through it? What's the best that could happen? What's the most realistic outcome?
- (4) What's the effect of my believing the automatic thought? What could be the effect of my changing my thinking?
- (5) What should I do about it?
- (6) If _____ (friend's name) was in the situation and had this thought, what would I tell him/her?