



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 1-100. Finally, list all of your automatic thoughts in the Automatic Thoughts column, and rate how much you believe them on a scale of 0-100.

SITUATION	AUTOMATIC THOUGHT	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)
<p><i>Example:</i></p> <p>I texted Jenny to see if she wanted to go for a coffee, and she didn't respond.</p>	<p>She's ghosting me. 100</p> <p>What's wrong with me? 90</p> <p>I totally messed everything up. 100</p> <p>I'll never find someone who likes me. 60</p>	<p>Sadness. 60</p> <p>Hopeless. 80</p>