

THOUGHT RECORD

“What’s going through my mind right now?”

Thought record

When you notice your mood getting worse, ask yourself **“What’s going through my mind right now?”** and as soon as possible, fill in the table below.

Situation	Automatic thought(s)	Emotion(s)	A helpful response	Outcome
1. What actual event/ stream of thoughts/ memories/ daydreams lead to the unpleasant emotion? 2. What (if any) distressing physical sensations did you have?	<ul style="list-style-type: none"> • What thought(s) and /or image(s) went through your mind? • How much did you believe each one at the time? 	<ul style="list-style-type: none"> • What emotion(s) did you feel at the time? • How intense (0-100%) was the emotion? 	<ul style="list-style-type: none"> • Use the questions at the bottom of this table to compose a response to your automatic thoughts. • How much do you believe each response? 	<ul style="list-style-type: none"> • How much do you now believe each automatic thought? • What emotion(s) do you feel now? How intense (0-100%) is it? • What will you do (or did you do?)
<p>Questions to help compose an helpful response to your automatic thought(s): 1. What is the evidence that the thought is true? Not true? 2. Is there an alternative explanation? 3. What’s the worst that could happen and how could I cope? What’s the best that could happen? What’s the most realistic outcome? 4. What’s the effect of my believing this thought? What could be the effect of me changing my thinking? 5. If a dear friend/ family member was in the situation and had this thought, what would I tell him/her?</p>				

Example:

Situation	Automatic thought(s)	Emotion(s)	A helpful response	Outcome
<ul style="list-style-type: none"> • What actual event/ stream of thoughts/ memories/ daydreams lead to the unpleasant emotion? • What (if any) distressing physical sensations did you have? 	<ul style="list-style-type: none"> • What thought(s) and /or image(s) went through your mind? • How much did you believe each one at the time? 	<ul style="list-style-type: none"> • What emotion(s) did you feel at the time? • How intense (0-100%) was the emotion? 	<ul style="list-style-type: none"> • Use the questions at the bottom of this table to compose a response to your automatic thoughts (select min. 2 questions relevant to your situation) • How much do you believe each response? 	<ul style="list-style-type: none"> • How much do you now believe each automatic thought? • What emotion(s) do you feel now? How intense (0-100%) is it? • What will you do (or did you do?)
<p>Thinking about taking a prestigious course in accountability.</p>	<p>I am not intelligent enough for that kind of course. (80%)</p> <p>I cannot study as well as I used to when I was younger. (90%)</p>	<p>Discouraged (80%) Sad (70%) Helpless (85%)</p>	<p>I get easily distracted. (70%) I do learn quite a lot simply by reading the books that really interest me. (100%) The worst that will happen is that I will have to work extra for the assignments. I can ask for some free days from work before the deadlines. (80%) The best thing that can happen is that I graduate this course and I can finally apply for the higher paid positions in my company. (95%) The most realistic outcome is that I will have to put in the work in order to get good results. And I have to do this participating in any course.(100%)</p>	<p>I am intelligent enough to start learning again and of course I study differently now than I studied 10 years ago, when I was in university!</p> <p>The previous thought: 40%.</p> <p>I feel excited (70%) and hopeful (100%). I feel much more confident (90%). I feel a bit scared (30%).</p> <p>I will ask for a course schedule and I will talk with my team manager to see if I can take some free days before I have to hand in important assignments.</p>
<p>Questions to help compose a helpful response to your automatic thought(s): 1. What is the evidence that the thought is true? Not true? 2. Is there an alternative explanation? 3. What's the worst that could happen and how could I cope? What's the best that could happen? What's the most realistic outcome? 4. What's the effect of my believing this thought? What could be the effect of me changing my thinking? 5. If a dear friend/ family member was in the situation and had this thought, what would I tell him/her?</p>				