

Robert Johnson

Homework SWK 731

Due 7-21-20

Prof. Yoon

THOUGHT RECORD

T-So what do you think about the thought record, did you use it this week?

P-Yes

T- What if any situations this week led to unpleasant emotions?

P-I had a lot of anxiety, when keeping with my weekly activity schedule. When recording the pleasure scale for showering, it's a #1.

T- What's going through your mind when thinking about showering?

P- I recorded my feelings the best I could, and I'm giving myself credit for doing so.

T-So the chart was helpful?

P- Yes, I was aware of my automatic thoughts and was able to think of alternative response.

T- Let us look at your chart.

| Date<br>7-21-20<br>Time<br>1:30p | SITUATION | AUTOMATIC<br>THOUGHTS | EMOTIONS | ALTERNATIVE<br>RESPONSE | OUTCOME |
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| m | <p>1- What actual events this week led to the unpleasant emotions?</p> <p>I had to take a shower every morning this week. I do not like taken showers; my skin seems to be rejecting the water. I get very anxious and resentful of the thought of showering.</p> | <p>1- What thoughts and or images went through your mind? I thought about just running the water and pretending to dry off with a towel. No one will know. I imagine that I would get away with it.</p> <p>2- How much did you believe each one at the time?</p> | <p>1-What emotions did you feel at the time?<br/>Uncomfortable, scared, worried and ashamed.</p> <p>2-How intense (0-100%) was the emotions?</p> | <p>What is the evidence that the automatic thoughts are true? Yes, I know that when I take showers, my skin is not used of water, so many years only taken birdbaths, a little water here and there.</p> | <p>1- How much do you now believe? Each automatic thought?<br/>2-What emotion do you feel now? How intense (0-100%) is the emotion?<br/>3-What will you do? Or did you do?</p> |
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|  | <p>Thinking about taking showers daily, I know that it is important, but it could be unhealthy also.</p> | <p>If I do not shower, my roommates might notice 50%. They might confront me in group, it will be embarrassing 100%. I will have consequences with the program for pretending to take a shower 100%.</p> | <p>Uncomfortable, 100%; scared 90%;, worried 100%; and ashamed 80%.</p> | <p>What is the best that could happen? No one notice that I did not shower, the worst is that my roommates take me to group a embarrass me and I have some consequences. Is there an alternative explanation? Yes, I need to see the doctors about my skin irritation, uncomfortably.</p> | <p>I did not shower<br/>No one noticed<br/>One asked. But<br/>Have not had g<br/>Yet, so my worr<br/>And ashamed is<br/>The same.<br/>Worried 100%<br/>Scared 20%<br/>Uncomfortable<br/>Ashamed 100%</p> |
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