

THOUGHT RECORD SIDE ONE: WORKSHEET

Remember, thoughts may be 100% true, 0% true or somewhere in the middle.

JUST BECAUSE YOU THINK SOMETHING, DOESN'T NECESSARILY MEAN IT'S TRUE

Spend just 5-10 minutes to complete the Thought Record. Note that not all questions will apply to every automatic thought. Here's what to do:

1. When you notice your mood getting worse, or you find yourself engaging in unhelpful behavior, ask yourself, **“What’s going through my mind right now?”** and as soon as possible, jot down the thought or mental image in the Automatic Thought(s) column.
2. The situation may be external (something that just happened or something you just did) or internal (an intense emotion, a painful sensation, an image, daydream, flashback or stream of thoughts—e.g., thinking about your future)
3. Then fill in the rest of the columns. You can try to identify cognitive distortions from the list below. More than one distortion may apply. Make sure to use the questions at the bottom of the worksheet to compose the adaptive response.
4. Spelling, handwriting and grammar don't count.
5. It was worth doing this worksheet if your mood improves by 10% or more.

Cognitive Distortions

All-or-nothing thinking	Example: “If I’m not a total success, I’m a failure.”
Catastrophizing (fortune telling)	Example: “I’ll be so upset, I won’t be able to function at all.”
Disqualifying or discounting the positive	Example: “I did that project well, but that doesn’t mean I’m competent; I just got lucky.”
Emotional reasoning	Example: “I know I do a lot of things okay at work, but I still feel like I’m a failure.”
Labeling	Examples: “I’m a loser.” “He’s no good.”
Magnification/minimization	Example: “Getting a mediocre evaluation proves how inadequate I am. Getting high marks doesn’t mean I’m smart.”
Mental filter (selective abstraction)	Example: “Because I got one low rating on my evaluation [which also contained several high ratings], it means I’m doing a lousy job.”
Mind reading	Example: “He’s thinking that I don’t know the first thing about this project.”
Overgeneralization	Example: “Because I felt uncomfortable at the get-together, I don’t have what it takes to make friends.”
Personalization	Example: “The repairman was curt to me because I did something wrong.”
“Should” and “must” statements	Example: “It’s terrible that I made a mistake. I should always do my best.”
Tunnel vision	“My son’s teacher can’t do anything right. He’s critical and insensitive and lousy at teaching.”

Date/time	Situation	Automatic Thought(s)	Emotion(s)	Adaptive Response	Outcome
	1. What event (external or internal) is associated with the unpleasant emotion? Or what unhelpful behavior did you engage in?	1. What thought(s) and/or image(s) 3/went through your mind (before, during or after the event or unhelpful behavior)? 2. How much did you believe the thought(s)?	1. What emotion(s) (sad/ anxious/ angry/ etc.) did you feel (before, during or after the event or unhelpful behavior)? 2. How intense (0–100%) was the emotion?	1. (optional) What cognitive distortion did you make? 2. Use questions below to compose a response to the automatic thought(s). Indicate how much you believe each response.	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 would be good to do?
03-21-22	I have been trying to reach out to my family over the phone and I believe that my family is not answering my calls.	I feel as though my family doesn't want me around anymore and they are upset with my drinking. 90%	1-Lonely/anxiety 2-75%	1-Personalization 2-In the past when I have called my family while under the influence, they were very upset with me and said they would no longer answer my calls if I were drinking. In the past after I drank my family was upset with me because of my actions. They were very unhappy with my actions and did not want to have anything to do with me. 90% If I am unable to reach them over the phone it may be due to them being busy or sleeping. More than likely, they will call me back when they are available. 75% If my family is really finished with me, it would make me feel worthless and alone. However, it is possible that they are already sleeping and unable to answer my call right now which will probably lower my anxiety level. I would tell my family that everything is going to be ok and that it is something that we can work on together as a family. I will work on lessening my alcohol intake and try on working on getting into AA.	1-60% 2-Anxious 80% 3-Seek help

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) If the worst happened, 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 the automatic thought? What could be the effect of my changing my thinking? (5) If [person's name] was in this situation and had this thought, what would I tell them? (6) What would be good to do?

RECORD: SIDE TWO WORKSHEET