

Complete Thought Record

Name _____

Date _____

Situation

Very brief explanation. Who were you with? What were you doing? Where were you? What time and day was it?

Emotions and Intensity 1-100%

Use one word answers such as depressed 80%, nervous 30%, angry 40%, guilty 70%, sad 90% etc.

Thoughts If someone were to draw a cartoon of you at the moment you were upset, what would be in the thought bubble above your head? What were you thinking about when you were upset? How did you view the situation? What was on your mind that may have caused the above emotions? Examples: "She meant to insult me" "I acted like a total idiot" "This is impossible"	Alternative Thoughts How else could this situation be interpreted? Could someone else see things differently, how? Are your thoughts exaggerated or unrealistic in anyway, how? Is there a more balanced way of viewing this situation, how? What thoughts could you have that might be more helpful to you?
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