

Thought Distortion Monitoring Record

Situation Who were you with? What were you doing? Where were you? When did it happen?	Automatic thought What went through your mind? (Thoughts, images, or memories)	Emotions & body sensations What did you feel? (Rate intensity 0–100%)	Unhelpful thinking style Does your thought fall in to any of these common traps?
	If it was an image or memory, what did it mean to you?		<ul style="list-style-type: none"> <input type="checkbox"/> All or nothing thinking Thinking in extremes. For example, something is either 100% good or bad <input type="checkbox"/> Catastrophising Jumping to the worst possible conclusion <input type="checkbox"/> Over-generalising Seeing a pattern based upon a single event <input type="checkbox"/> Mental filter Only paying attention to certain types of evidence (<i>"that doesn't count"</i>) <input type="checkbox"/> Disqualifying the positive Discounting positive information or twisting a positive into a negative <input type="checkbox"/> Jumping to conclusions Mind reading or predicting the future <input type="checkbox"/> Minimisation Discounting the importance of something <input type="checkbox"/> Emotional reasoning Assuming that because we feel a certain way our hunch must be true <input type="checkbox"/> Demands Using words like 'should', 'must', and 'ought' <input type="checkbox"/> Labelling Assigning labels to ourselves or others (<i>"I'm rubbish"</i>) <input type="checkbox"/> Personalisation Taking too much or too little responsibility <input type="checkbox"/> Low frustration tolerance Saying things like <i>"this is too difficult"</i>, <i>"this is unbearable"</i> or <i>"I can't stand it"</i>