

Thought Record

Don't believe everything that you think.

• Thoughts and images can come to mind automatically.

• Thoughts are not all completely true: some might be facts, others could be opinions.

Situation Describe the event that triggered a strong response in you.	Emotion What did you feel? How strong was that feeling?	Automatic thought What went through your mind?	Considered response Take your time to <i>consider</i> and <i>respond</i> to your automatic thought. Use the prompts below to help you. How much do you believe this considered response?
<p>Situations or events can be:</p> <ul style="list-style-type: none">• External: things that other people might notice.• Internal: things that only you notice.	<ul style="list-style-type: none">• What emotions or body sensations did you notice?• Rate how strong those feelings were from 0 – 100%	<ul style="list-style-type: none">• What were you thinking just before (or during, or after) you noticed yourself feeling that way?• If you had an image or memory, what did it mean to you?• How much did you believe the thought (0 – 100%)?	<ul style="list-style-type: none">• Look at the <i>Unhelpful Thinking Styles</i> handout. Was your automatic thought affected by any of these distortions?• What is the evidence that the automatic thought is true?• What would you say to a friend if they were in the same situation and thinking the same thing?