

## THOUGHT RECORD

1) Situation	2) Automatic Thoughts	3) Rate Believability	4) Emotions	5) Rate Intensity
<b>6) Evidence that SUPPORTS the Automatic Thought</b>		<b>7) Evidence that REFUTES the Automatic Thought</b>		
<p>List all the evidence/facts i.e. life events or experiences that prove your automatic thought. Do not include judgments, own opinions, thoughts or feelings.</p>		<p>List all the evidence/facts i.e. life events or experiences that counter your automatic thought. Do not include judgments, own opinions, thoughts or feelings.</p>		
8) Balanced Replacement Thought:				
9) Re-Rate Automatic Thought:		10) Re-Rate Emotions:		

## **THOUGHT RECORD INSTRUCTIONS**

1. Identify the **situation**. Be objective. How would it read in a dictionary? E.g. break up with girlfriend. Think about a topic, it can be a situation as well. E.g. lying in bed thinking about my marital problems, or driving and worrying about my job.
2. Identify the **automatic thought**. One thought per record. This may mean you need to do multiple thought records. Examples of thoughts you may be thinking are: “I’m going to be alone all weekend” so “It’s impossible for me to make friends.” To find a **HOT COGNITION**, use the **DOWNWARD ARROW TECHNIQUE**. Ask yourself of the thought you’ve identified, “**what would this mean about A. me, B. my control over the situation, C. my future?**” With depression, these are the areas about which you need to think more realistically. Using the example above (“I’m going to be alone all weekend”), if I ask myself “what does that mean about me?” my answer might be “I’m a loser.” This would be the thought to use on your thought record.  
For anxiety, we are looking for **CATASTROPHIC THOUGHTS**. Ask yourself, “What am I perceiving as danger? And what am I saying to myself about my control over this danger?”  
For anger, we are looking for **EXAGGERATED UNFAIRNESS**. Ask yourself, “What am I saying to myself about this situation that makes it a violation, injustice, unfairness, or deliberate provocation?”
3. Ask yourself “how much do I believe this thought I’ve identified?” and assign a percentage of believability **0-100%** to your identified thought. (100=I completely believe this thought to be true, 0=I don’t believe this thought to be true).
4. Identify the **emotions** you are feeling. Keep it simple (**depression, anxiety, or anger**).
5. Rate the intensity of your emotions on a scale of **0-100%**, based on previous experiences with the emotion (100=most extreme, 0=complete absence of the emotion).
6. **Consider all FACTS that support your automatic thought**. When listing facts, remember that they are not thoughts, judgments, opinions, or feelings, but concrete situations, events, and/or experiences that occur. Ask yourself if this evidence proves your thought to be true.
7. **Dispute the thought**. Testing of the evidence is the most powerful method of challenging a thought. **Come up with any FACTS which dispute or argue the thought**. One way of accessing this data is to assign your automatic thought to an “invented person”. For example, if my thought is “I’m unlovable” imagine creating a 100% undeniably unlovable person. What characteristics would they have? This exercise often enables you to discover aspects of you and your situation, which argue such black and white automatic thoughts. You can dispute thoughts with simple questions too:
  - a. **Is this thought 100% true? (100 % true means there is absolutely no facts about your or the situation that contradict it, even a little). If not, how true is it? 75%? 60%? Change the thought so it is less absolute or black and white, and incorporates the missing data.**
  - b. **What would \_\_\_\_\_ say? (Here, “blank” is someone you admire, who seems to be able to think rationally most of the time.)**
  - c. **What would I say to \_\_\_\_\_? (Here, “blank” is someone you know that you care about a great deal that is perhaps a bit vulnerable).**
  - d. **What would I be thinking if my mood was only half the rating I gave it (e.g. Depression 80% VS 40%)**
8. Now develop a **BALANCED REPLACEMENT THOUGHT**. For example if you are completing a thought record on, “I’m unlovable”, when considering that my long term friends have voiced my worth, might read, “I have trouble finding intimacy, but I do have some qualities that other find attractive.”
9. After you have developed your **BALANCED REPLACEMENT THOUGHT**, **RE-RATE the belief in your initial automatic thought** you are experiencing. Do you notice a change?
10. Now ask yourself, “has the intensity of my emotions decreased since I initially rated them?” **RE-RATE the intensity of your emotions.**