

Thought Record

Situation	What were your automatic thoughts?	What did you feel?	What physical Sensations did you notice in your body?	What evidence supports your thoughts?	What evidence does NOT support your thought(s)?	Can you think of alternative or Balanced thoughts?

## Thought Record Instructions

Between now and our next session, become aware of unpleasant thoughts, as they are happening. These are called Negative Automatic Thoughts (NAT). At a later time that day, use the chart on the first page to record in detail what the situation was and your experience of it.

Questions to consider when composing an Adaptive Response:

1. **Outcomes.**
  - a. What's the worst that could happen?
  - b. What's the best that could happen?
  - c. What's the most likely outcome?
2. **Alter-ego.** If a friend were in this situation and had this thought, what would you tell them?
3. **Grading your belief.** How much do you now believe your NAT (on a scale from 0 to 100)?
4. **Thought-emotions connection.**
  - a. What emotions do you now feel?
  - b. And how intense are these emotions (on a scale from 0 to 100)?