

Daily Record of Dysfunctional Thoughts

<p>Situation</p> <p>Describe what led to you experiencing an unpleasant emotion, whether it was:</p> <ul style="list-style-type: none"> • An actual event • A stream of thoughts, a daydream, a memory, or an image 	<p>Emotion(s)</p> <p>1) Record whether you were feeling scared, angry, sad, etc</p> <p>2) Rate how strong the feeling was (0-100%)</p>	<p>Automatic Thought(s)</p> <p>1) Record the automatic thought(s) that went through your mind just before the unpleasant emotion</p> <p>2) Rate how strongly you believe in the automatic thought (0-100%)</p>	<p>Rational Response</p> <p>1) Write a rational response to the automatic thought(s)</p> <p>2) Rate how strongly you believe in the rational response (0-100%)</p>	<p>Outcome</p> <p>1) Re-rate how strongly you now believe in the automatic thought(s) (0-100%)</p> <p>2) Record your emotions linked to the automatic thought(s) (0-100%)</p>