

Thought Record

In the space below, complete the Thought Record with a stressful situation that you experienced or are experiencing.

Step 1	
<p>Identify the situation. <i>Describe the events that led to your unpleasant feelings</i></p>	<p>Situation <i>What happened?</i></p>
Step 2	
<p>Identify your thoughts in the situation.</p> <ul style="list-style-type: none"> • <i>All or nothing (always, never, every time)</i> • <i>Awful</i> • <i>Focusing on negative</i> 	<p>Current Thoughts <i>What are you thinking?</i></p>
Step 3	
<p>Recognize your emotions and feelings during the event. <i>(sad, angry, anxious, etc.)</i></p>	<p>Current Feelings <i>How do you feel in this moment?</i></p>
Step 4	
<p>Challenge and replace unhelpful or negative thoughts with more helpful or milder thoughts.</p>	<p>Substitute Thoughts <i>What is a different way of thinking about the situation?</i></p>
Step 5	
<p>Match milder emotions to your milder thoughts.</p>	<p>Substitute Feelings <i>How do you feel if you change your thoughts? (less sad, less angry, less anxious, etc.)</i></p>