

# Thought Record, Part 1

Date	Situation	Automatic Thoughts	Emotions	Rating
<p><i>(Give today's date.)</i></p>	<p><i>(Provide a brief description of what's going on.)</i></p>	<p><i>(List your stream of automatic thoughts.)</i></p>	<p><i>(Identify all your emotions and feelings.)</i></p>	<p><i>(Rate how powerful your emotions are on a scale from 1 to 10.)</i></p>