Who am I without you?

Thought Record, Part 2

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Date	Situation	Automatic Thoughts	Emotions	Rating	Rational or Alternative Response	Outcome
Date (Give today's date.)		Automatic Thoughts (List your stream of automatic thoughts.)	Emotions (Identify all your emotions and feelings.)	Rating (Rate how powerful your emotions are on a scale from 1 to 10.)	Rational or Alternative Response (Write a truthful alternative to the automatic thoughts.)	Outcome (Re-rate your emotions after giving the rational response.)

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