

THOUGHT RECORD, PART 1

Date	Situation Briefly Describe: "What's going on?"	Automatic Thought(s) "What do I hear myself saying?" "What's going through my head?" "What sentences do I hear?" Write your stream of automatic thoughts.	Emotion(s) "What am I feeling?" Identify/list emotions-- sad, angry, frustrated... (There is usually more than one.)	Rate Rate the emotion, from 1-10. "How powerful are my feelings?"
Jan. 1	I was setting new year's goals, and wanted to include exercising more.	<p>"What's the point of even making a goal to exercise? You know you're not going to actually do it."</p> <p>"I never do what I say I'll do, especially when it comes to exercise."</p> <p>"I'm a failure, and I'll just fail again."</p>	<p>at first--motivated</p> <p>& then...</p> <p>frustrated</p> <p>down on myself</p> <p>afraid</p> <p>stressed</p> <p>depressed</p>	<p>9</p> <p>3</p> <p>10</p> <p>9</p> <p>6</p> <p>10</p> <p>8</p>
Jan. 3	Went for a simple walk.	<p>"I can't believe I'm actually doing this! Yay for me!"</p> <p>"I should really be running. Walking is too wimpy."</p> <p>"Whew. I can't breathe and my legs hurt after only a few minutes! I can't handle running. I knew I couldn't exercise. I'm such a wimp. I can't even handle a little jog! I'm such a loser!"</p>	<p>at first--excited, happy</p> <p>& then...</p> <p>insecure</p> <p>sad</p> <p>wimpy</p> <p>like a loser</p>	<p>10</p> <p>0</p> <p>9</p> <p>10</p> <p>9</p> <p>10</p>