

THOUGHT RECORD, PART 1

Date	Situation Briefly Describe: <i>"What's going on?"</i>	Automatic Thought(s) <i>"What do I hear myself saying?"</i> <i>"What's going through my head?"</i> <i>"What sentences do I hear?"</i> Write your stream of automatic thoughts.	Emotion(s) <i>"What am I feeling?"</i> Identify/list emotions-- sad, angry, frustrated... (There is usually more than one.)	Rate Rate the emotion, from 1-10. <i>"How powerful are my feelings?"</i>