

THOUGHT RECORD, PART 2

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?" 1. Identify/list emotions-- sad, angry, frustrated... (There is usually more than one.) 2. Rate, 1-10	Alternative or Rational Response (“The Truth” or “Reality”) "How else might I look at this?" "What is really happening?" Write an alternative to the automatic thoughts.	Outcome "How do I feel now?" Identify and rate emotions, 1-10, after the rational response.
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>motivated, 9 and then 3; frustrated, 10 down on myself 9 afraid 6 stressed 10 depressed 8</p>	<p>"Just because I haven't been able to exercise regularly before doesn't mean I can't do it now."</p> <p>"I can do what I set my mind to, IF I set specific, realistic goals for myself."</p> <p>"I'm not a failure. I just haven't figured out how to do this right--until now."</p>	<p>motivated, 8 frustrated, 2 down on self 3 afraid 2 stressed 1 depressed 2</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'm really worn out! I don't think I can handle running yet."</p> <p>"I'm such a wimp. I can't even handle a little jog! Loser."</p>	<p>excited, happy 10 and then 0 insecure 8 sad 10 wimpy 10 like a loser 8</p>	<p>"I should feel proud that I'm beginning, even if I have to start slowly. Starting slowly is key to long-term success."</p> <p>"Walking is one of the best exercises, & I don't have to run to be 'strong' or successful."</p> <p>"There's nothing wimpy about achieving my goals the right way."</p>	<p>excited, 5 happy, 5 insecure, 2 sad, 1 wimpy, 2 like a loser, 0</p>