

THOUGHT RECORD, PART 2

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> 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") <i>"How else might I look at this?"</i> <i>"What is really happening?"</i> Write an alternative to the automatic thoughts.	Outcome <i>"How do I feel now?"</i> Identify and rate emotions, 1-10, after the rational response.