Thought Record Worksheet

The Thought Record worksheet provides a template for clients to monitor their thoughts and emotions, evaluate their thinking, and explore adaptive responding. It is particularly helpful for those clients who are experiencing negative or dysfunctional thoughts and feelings.

The worksheet has 7 steps:

1. On the far left column, there is space to write down the date and time a dysfunctional thought arose.

2. The second column is where the situation is listed. Instruct the client to describe - in detail - the event that led up to the dysfunctional thought.

3. The third column is for the automatic thought. This is where the dysfunctional automatic thought is recorded, along with a rating of belief in the thought on a scale from 0% to 100%.

4. The next column is where the emotion(s) elicited by this thought are listed, also with a rating of intensity on a scale from 0% to 100%.

5. The fifth column is where the client will identify which cognitive distortion(s) they are experiencing with regards to this specific dysfunctional thought, such as all-or-nothing thinking, filtering, jumping to conclusions, etc.

6. The second to last column is for the user to write down alternative thoughts, more positive and functional thoughts that can replace the negative one.

7. Finally, the last column is for the user to write down the outcome of this exercise.
    Were you able to confront the dysfunctional thought? Did you write down a convincing alternative thought? Did your belief in the thought and/or the intensity of your emotion(s) decrease?

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Worksheet

Directions: When you notice your mood drop, take a moment to notice what thoughts are passing through your mind, and then jot these down in the Automatic Thoughts column. Then, complete the rest of the row (i.e., date & time, situation, and so on).

Date & time	Situation	Automatic thought(s)	Emotion(s)	Alternative thought(s)	Outcome
	What were you doing?	What exactly were you thoughts at the time? And how much did you believe each thought (0-100%)?	How did you feel at the time? And how intense was the emotion (0-100%)?	What evidence is there that the automatic thought is true? Is there an alternative explanation?	How much do you believe in the original automatic thought now (0-100%)? How do you feel now (0-100%)? What can you do now?