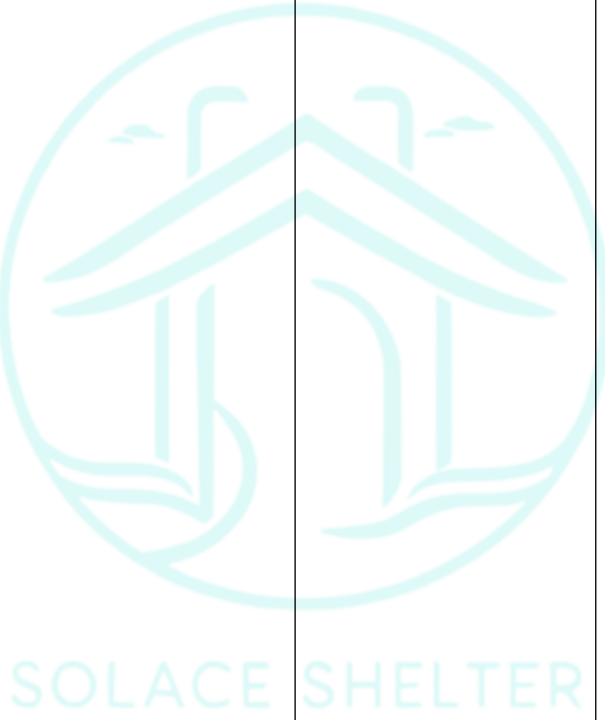
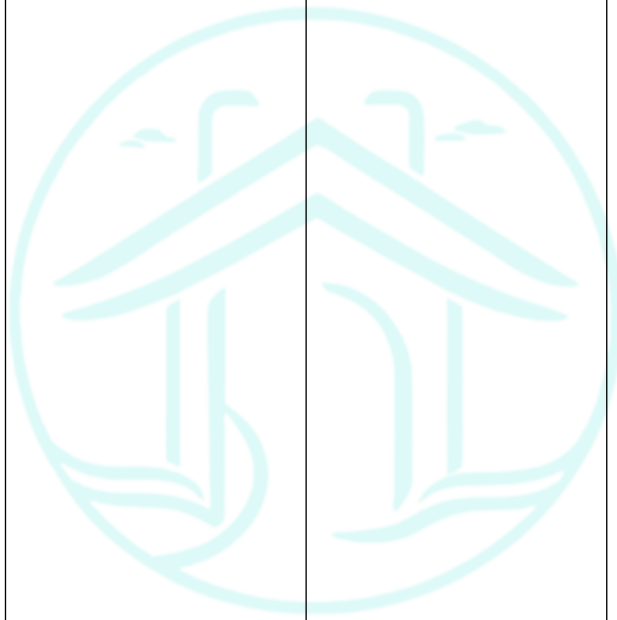


## Thought Record

<b>DATE</b>	<b>SITUATION</b> Describe: 1. Actual event leading to unpleasant emotion or, 2. Stream of thoughts, daydreams, or recollections, leading to unpleasant emotion.	<b>EMOTIONS</b> 1. Specify sad/ anxious etc 2. Rate degree of emotion (1-100)	<b>AUTOMATIC THOUGHT</b> 1. Write automatic thought that preceded emotion 2. Rate belief in automatic thought (0-100)
	 <p>SOLACE SHELTER</p>		



SOLACE SHELTER

<b>Rational Response</b> 1. Write a rational response to automatic thought 2. Rate belief in rational response (0-100)	<b>Outcome</b> 1. Re-rate belief in automatic thought (0-100%) 2. Specify and rate subsequent emotions (0-100)	<b>Further Action</b>

