Thought Record

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

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

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