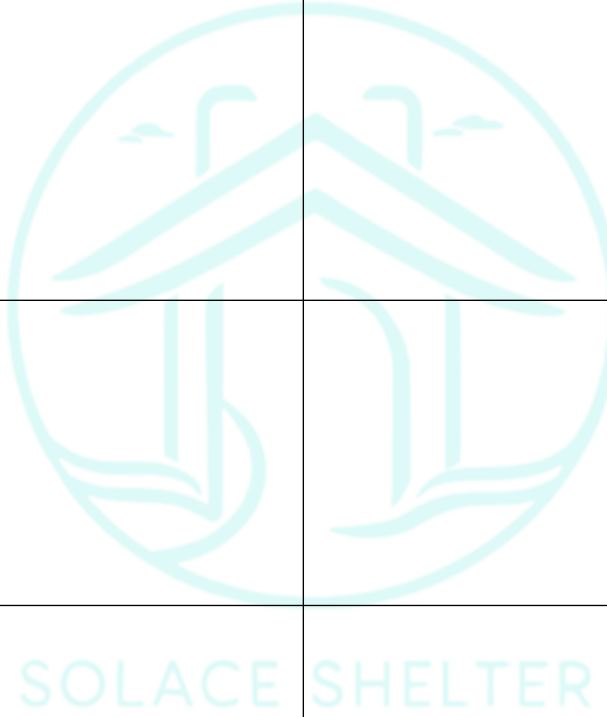


Date	Emotion(s), What do you feel? How bad was it (0-100)	Situation What were you doing or thinking about it?	Automatic Thoughts What exactly were your thoughts? How far did you believe each of them (0-100)	Rational response What are your rational answers to the automatic thoughts? How far do you believe each of them (0-100)	Outcome How far do you now believe the thoughts? (0-100) How do you feel? (0- 100) What can you do now?



Dysfunctional Thought Record 2

Date	Emotion(s), What do you feel? How bad was it (0-100)	Situation What were you doing or thinking about it?	Automatic Thoughts What exactly were your thoughts? How far did you believe each of them (0-100)



Dysfunctional thought record 1

Answering negative thoughts

Once you have learned to become aware of negative thinking, the next step is to evaluate the thoughts you identify and to look for more helpful and realistic alternatives.

How to do it:

There are four main questions you can use to help you find answers to your negative thoughts:

1. What is the evidence? Do the facts of the situation back up what you think, or do they contradict it?
2. What alternative views are there? There are many different ways to look at any experience. How else could you interpret what has happened? Get as many alternatives as you can, and review the evidence for and against them. When you consider it objectively, which alternative is most likely to be correct?
3. What is the effect of thinking the way you do? How does it influence how you feel and what you do? What are the advantages and disadvantages of thinking this way? Can you find an alternative which will be more helpful to you?
4. What thinking errors are you making? Depressed people typically distort how they see their experiences in systematic ways. They jump to conclusions, overgeneralize from specific things that happen, take responsibility for things that are not their fault, and so on. Which of these errors can you find in your thinking?

Questions to help you challenge negative thinking

What is the evidence?

1. Am I confusing a thought with a fact?
2. Am I jumping to conclusions?

What alternatives are there?

1. Am I assuming my view of things is the only one possible?

What is the effect of thinking the way I do?

1. Do negative thoughts help or hinder me?
2. What are the advantages and disadvantages of thinking this way?
3. Am I Asking questions that have no answers?

What thinking errors am I making?

1. Am I thinking in all-or-nothing terms?
2. Am I using ultimatum words in my thinking?
3. Am I condemning myself as a total person based on a single event?
4. Am I Concentrating on my weaknesses and forgetting my strengths?
5. Am I blaming myself for something which is not my fault?
6. Am I taking personally which have little or nothing to do with me?
7. Am I expecting myself to be perfect?

***For learning more about Cognitive Behaviour Therapy for Depression mail us for a workshop and one-on-one learning session.**

