

1. Situation Who? What? When? Where?	2. Moods a. What did you feel? b. Rate each mood (0-100%).	3. Automatic Thoughts (Images) a. What was going through your mind just before you started to feel this way? Any other thoughts? Images? b. Circle or mark the hot thought.
Tuesday 9:30 A.M. In my therapist's office, looking at the Thought Record.	Overwhelmed 95% Depressed 85% <i>Circle the mood you must want to work on</i>	This is too complicated for me to learn. I'll never understand this. Image/memory: Taking a report card home with bad grades and being yelled at by my parents. I'll never get better. Nothing can help me. This therapy won't work. I'm doomed to always be depressed.

FIGURE 6.2. Marissa's first Thought Record.

Some mood examples

Depressed	Anxious	Angry
Sad	Embarrassed	Excited
Insecure	Proud	Mad
Nervous	Disgusted	Hurt
Enraged	Scared	Happy
Grief	Eager	Afraid

Guilty	Ashamed
Frightened	Irritated
Panic	Frustrated
Cheerful	Disappointed
Loving	Humiliated
Content	Grateful etc.

Questions to Help Identify Automatic Thoughts

- What was going through my mind just before I started to feel this way? (General)
- What images or memories do I have in this situation? (General)
- What does this mean about me? My life? My future? (Depression)
- What am I afraid might happen? (Anxiety)
- What is the worst that could happen? (Anxiety)
- What does this mean about how the other person(s) feel(s)/think(s) about me? (Anger, Shame)
- What does this mean about the other person(s) or people in general? (Anger)
- Did I break rules, hurt others, or not do something I should have done? What do I think about myself that I did this or believe I did this? (Guilt, Shame)

RECORD

<p>4. Evidence That Supports the Hot Thought</p>	<p>5. Evidence That Does Not Support the Hot Thought</p>	<p>6. Alternative/ Balanced Thoughts a. Write an alternative or balanced thought. b. Rate how much you believe each thought (0-100%).</p>	<p>7. Rate Moods Now Rerate column 2 moods and any new moods (0-100%).</p>
<p>I look at this Thought Record and I don't know what to do.</p> <p>I never was very good in school.</p> <p>I don't know what you mean by "evidence."</p>	<p>At work, I learned the computer filing system, which is complicated.</p> <p>Some of the early worksheets seemed hard until my therapist helped me do them a few times - then they seemed easier.</p> <p>My therapist said I need to know how to do only the first two columns now.</p> <p>I can get help from my therapist until I know how to do it on my own.</p>	<p>Even though this seems complicated now, I've learned other complicated things in the past. 90%</p> <p>My therapist will help show me how to do this. 60%</p> <p>With practice, it might make sense and get easier. 70%</p>	<p>Overwhelmed 40%</p> <p>Depressed 80%</p>

Try and stick to the facts rather than interpretation

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<p>It is 2:30 in the afternoon. I'm alone at the mall, where I've been shopping for about 45 minutes.</p>	<p>Fear 100%</p> <p>Panic 100%</p> <p><u>Physical Reactions</u></p> <p>Racing heart 100%</p> <p>Sweating 80%</p> <p>Dizzy 90%</p> <p>Tight chest 80%</p>	<p>I may stop breathing.</p> <p>I can't get enough air.</p> <p>I'm having a heart attack.</p> <p>I'm losing control.</p> <p>I'm going to die.</p> <p>I need to get to a hospital.</p> <p>Image: I see myself lying on the floor, unable to breathe.</p>



If you struggle with anxiety it is a good idea to log your physical reactions