

Questions to ask yourself to help you fill-in column 3 of a Thought Record. Answer the first two general questions provided on the Thought Record Blank, and then some or all of the questions specific to one of the moods you identified.

Depression

What do you think it means about you? Your life? Your future?

Anxiety

What are you afraid might happen

What is the worst that could happen?

Anger

What does this mean about how the other person feels or thinks about you?

What does this mean about the other person in general?

Guilt, shame

Did you break rules, hurt others, or not do something you should have done?

What do you think about yourself that you did this or believe I did this?

Shame

What does this mean about how the other person or other people feel and think about you [if they knew you did this]?