

1. Situation Who? What? When? Where?	2. Moods a. What did you feel? b. Rate each mood (0-100%). c. Circle or mark the mood you want to examine.	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.
Sunday evening, in the airplane, on the runway, waiting for the plane to take off.	Fear 98% Circle the mood you most want to work on	I'm feeling sick My heart is starting to beat harder and faster. I'm starting to sweat. I'm having a heart attack. I'll never be able to get off this plane and to a hospital in time. I'm going to die.

Anxiety

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.

Moods can usually be summed up in one word

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

4. Evidence That Supports the Hot Thought	5. Evidence That Does Not Support the Hot Thought	6. Alternative/Balanced Thoughts	7. Rate Moods Now
<p>My heart is racing.</p> <p>I'm sweating.</p> <p>These could be two signs of a heart attack</p>	<p>Anxiety can cause a rapid heartbeat.</p> <p>My doctor told me that the heart is a muscle, using a muscle makes it stronger, and a rapid heartbeat is not necessarily dangerous.</p> <p>A rapid heartbeat doesn't mean that I am having a heart attack</p> <p>I have had this happen to me before in airports, on airplanes, and when thinking about flying.</p> <p>In the past, my heartbeat has returned to normal when I read a magazine, practiced slow breathing, did Thought Records, or thought in less catastrophic ways.</p>	<p>My heart is racing and I am sweating because I'm anxious and nervous about being on an airplane. 95%</p> <p>My doctor told me that a rapid heartbeat is not necessarily dangerous, and in all likelihood my heart rate will return to normal in just a few minutes. 85%</p>	<p>Rerate column 2 moods and any new moods (0-100%).</p> <p>Fear 25%</p>

Stick to the facts rather than to interpretation

1. Situation	2. Moods	3. Automatic Thoughts (Images)
<p>Who?</p> <p>What?</p> <p>When?</p> <p>Where?</p> <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>a. What did you feel?</p> <p>b. Rate each mood (0-100%).</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>a. What was going through your mind just before you started to feel this way? Any other thoughts? Images?</p> <p>b. Circle or mark the hot thought.</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><u>I'm going to die.</u></p> <p>I need to get to a hospital.</p> <p>Image: I see myself lying on the floor, unable to breathe.</p>

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