

Depression 2

<p>1. Situation</p> <p>Who? What? When? Where?</p>	<p>2. Moods</p> <p>a. What did you feel? b. Rate each mood (0-100%). c. Circle or mark the mood you want to examine.</p>	<p>3. Automatic Thoughts (Images)</p> <p>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.</p>
<p>At home alone, Saturday, 9:30 p.m.</p>	<p>Depressed 100%</p> <p>Disappointed 95%</p> <p>Empty 100%</p> <p>Confused 90%</p> <p>Unreal 95%</p>	<p>I want to go numb so I don't have to feel any more.</p> <p>I'm not making any progress.</p> <p>I'm so confused that I can't think clearly.</p> <p>I don't know what's real and what isn't.</p> <p>These emotions are so painful that I have to kill myself, because I can't stand them any more.</p> <p>Nothing helps.</p> <p>Life is not worth living.</p> <p>I'm such a failure.</p>

FIGURE 9.3. Marissa's Thought Record.

RECORD

4. Evidence That Supports the Hot Thought	5. Evidence That Does Not Support the Hot Thought	6. Alternative/ Balanced Thoughts a. Write an alternative or balanced thought. b. Rate how much you believe each thought (0-100%).	7. Rate Moods Now Rerate column 2 moods and any new moods (0-100%).
<p>I can't stand this. I want to die.</p> <p>Killing myself is the only way to get rid of the pain.</p> <p>No one has been able to help me.</p>	<p>Sometimes talking to my therapist does help me feel better.</p> <p>This never lasts forever, but it always comes back</p> <p>This Thought Record is something new that might help, but I'm doubtful.</p> <p>Some days I feel a little better.</p>	<p>Even though I am in a lot of pain right now, talking to somebody who cares might help me feel better, as it has in the past. 15%.</p> <p>This feeling won't last forever, and I will feel better at some point. 10%</p> <p>I am learning new skills that may help me feel better and stay better longer. 15%</p> <p>Suicide is not the only solution. 20%</p>	<p>Depressed 85%</p> <p>Disappointed 90%</p> <p>Empty 95%</p> <p>Confused 85%</p> <p>Unreal 95%</p>