

THOUGHT RECORD

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 the hot thought.	4. Evidence That Supports the Hot Thought	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 in each alternative or balanced thought (0-100%).	7. Rate Moods Now Rerate moods listed in column 2 as well as any new moods (0-100%).
<p>Wednesday night, 7:45 p.m.</p> <p>239</p> <p>Just got off the phone talking to my parents. They told me they were inviting my brother to come with them when they visit me tomorrow.</p>	<p>Anger 100%</p> <p>Fear 95%</p> <p>Abandoned 100%</p> <p>Alone 100%</p>	<p>They know I hate my brother.</p> <p>They know I don't want to see him.</p> <p>They don't care about me or my feelings.</p> <p>They are choosing my brother over me once again.</p> <p>They don't love me.</p> <p>This will never get better.</p> <p><u>I can't tolerate this pain.</u></p> <p>I need to stop this pain.</p> <p>Image of cutting my wrists with a razor.</p> <p>I need a tranquilizer.</p>	<p>I don't like these feelings and I wish I didn't have them.</p> <p>Cutting my wrists helps the pain go away.</p> <p>Tranquilizers help me feel calmer.</p>	<p>I have tolerated more pain than this in the past.</p> <p>Cutting my wrists or taking a tranquilizer in the past has only temporarily stopped the emotional pain.</p> <p>Cutting my wrists or taking a tranquilizer will not help me in the family meeting tomorrow.</p>	<p>Although I prefer not to deal with these feelings, I have to learn how sooner or later. 45%</p> <p>I might as well learn while I am in the hospital and somewhat protected. 40%</p> <p>Maybe I can talk to my doctor and get her to talk to my parents before the meeting. 60%</p> <p>I can take a tranquilizer in one hour if I haven't calmed down. 60%</p>	<p>Anger 100%</p> <p>Fear 80%</p> <p>Abandoned 90%</p> <p>Alone 70%</p>

FIGURE 10.3. Barbara's Thought Record.