

Daily Record of Dysfunctional Thoughts

Date	Situation Describe: 1. Actual event leading to unpleasant emotion, or 1. Stream of thoughts, daydream, or recollection leading to unpleasant emotion	Emotion(s) 1. Specify sad/anxious/angry, etc. 2. Rate degree of emotion 1 - 100	Automatic Thoughts(s) 1. Write automatic thought(s) that preceded emotion(s). 2. Rate belief in automatic thought(s) 0 - 100%	Rational Response 1. Write rational response to automatic thought(s) 2. Rate belief in rational response 0 - 100%	Outcome 1. Rerate belief in automatic thought(s) 0 - 100% 2. Specify and rate subsequent emotions 0 - 100

Explanation: When you experience an unpleasant emotion, note the situation that seemed to stimulate the emotion. (If the emotion occurred while you were thinking, daydreaming, etc., please note this.) Then note the automatic thought associated with the emotion. Record the degree to which you believe this thought 0% = not at all; 100% = completely. In rating degree of emotion: 1 = a trace, 100 = the most intense possible.
Taken from Mind over Mood