

Body Dysmorphia - Thought Record Sheet

Situation & Trigger	Emotions Rate 0 - 100% Physical Sensations?	Initial thought, image, look, feeling, worry Meaning of the initial thought or image. (What's the worst thing?)	Alternative response What would be a healthier, more balanced perspective?	What did I do? How long for? How many times?	What's the outcome? What could I do or have done instead? Cognitive technique? What's the best response? Repeat Emotion
What happened? Where? When? Who with? How? What did I notice? What do I need to?	What emotion did I feel at the time? What was the intensity like? What do I feel in my body?	What went through my mind? What did I think? What's the real issue here? What do I (app) fear I feel the thought or image? What am I responding to? What's the worst thing about this?	STOP! Take a breath... What's the typical action? Is there another way of seeing it? What other would I get someone else? What importance am I giving the issue? How important is it REALLY? Is my reaction proportionate to the actual issue? I'll think about each repetition. How would the alternative thought/look/feel, worry affect me?	What did I feel like doing but didn't? What did I do instead?	What hopes or what have been kept? What could I do differently? What would be more effective? Anxiety Consider my probabilities. If I give the issue the importance, what would I feel or do differently? What will be the result for me or the situation? What will the consequences be?