

Body Dysmorphia - Thought Record Sheet

| Situation & Trigger | Emotions Rate 0 - 100% Physical Sensations? | Initial thought, image, belief, 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 did I react to? | What emotion did I feel at the time? What was the intensity like? What did I feel in my body? | What went through my mind? What did I believe? What's the real issue here? What do I (app) fear I feel that thought or image? What am I responding to? What's the worst thing about that? | 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 such responses how would that influence thought about the issue after that? | What did I feel like doing that day? 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? |