

## Daily Record of Dysfunctional Thoughts

<b>Situation</b> Describe what led to you experiencing an unpleasant emotion, whether it was: • An actual event • A stream of thoughts, a daydream, a memory, or an image	<b>Emotion(s)</b> 1) Record whether you were feeling scared, angry, sad, etc 2) Rate how strong the feeling was (0-100%)	<b>Automatic Thought(s)</b> 1) Record the automatic thought(s) that went through your mind just before the unpleasant emotion 2) Rate how strongly you believe in the automatic thought (0-100%)	<b>Rational Response</b> 1) Write a rational response to the automatic thought(s) 2) Rate how strongly you believe in the rational response (0-100%)	<b>Outcome</b> 1) Re-rate how strongly you now believe in the automatic thought(s) (0-100%) 2) Record your emotions linked to the automatic thought(s) (0-100%)