

Daily Record of Dysfunctional Thoughts

Date	Situation <small>Describe:</small> 1.) Actual event leading to unpleasant emotion, or 2.) 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 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.) Re-rate belief in automatic thought(s) 0-100 2.) Specify and rate subsequent emotions. 0-100