

Daily Record of Dysfunctional Thoughts

Situation	Emotion(s)	Automatic Thought(s)	Rational Response	Outcome
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	1) Record whether you were feeling scared, angry, sad, etc 2) Rate how strong the feeling was (0-100%)	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%)	1) Write a rational response to the automatic thought(s) 2) Rate how strongly you believe in the rational response (0-100%)	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%)