

Dysfunctional Thought Record

| Date/Time | Situation | Automatic thought | Emotion(s) | Distortion | Alternative thoughts | Outcome |
|-----------|---|--|--|--|----------------------|---------|
| | <p>Describe: event leading to unpleasant emotion, or stream of thoughts, daydreams, or recollections leading to an unpleasant emotion, or distressing physical sensations</p> | <p>Write automatic thoughts that preceded emotion</p> <p>Rate belief in automatic thought 0-100%</p> | <p>Specify sad, angry, anxious, etc</p> <p>Rate degree of emotion 0-100%</p> | <p>All-or-nothing thinking Overgeneralization Mental filter Disqualifying the positive Jumping to conclusions Magnification or minimization Emotional reasoning "Should" statements Labelling and misleading Personalization</p> | | |