

Thought Record

Date	Situation Briefly Describe: <i>"What's going on?"</i>	Automatic Thought(s) Write the stream of automatic thoughts. <i>"What do I hear myself saying?"</i> <i>"What's going through my head?"</i>	Emotion(s) Identify and write your emotions. There are often more than one (sad, angry, frustrated...) <i>"What am I feeling?"</i>	Rate Rate the emotion, from 1-10. <i>"How powerful are my feelings?"</i>