

Name: _____

Date: _____

DYSFUNCTIONAL THOUGHT RECORD

Directions: When you notice your mood getting worse, ask yourself, "What's going through my mind right now?" and as soon as possible jot down the thought or mental image in the Automatic Thought Column.

DATE/ TIME	SITUATION	AUTOMATIC THOUGHT(S)	EMOTION(S)	ALTERNATIVE RESPONSE	OUTCOME
	1. What actual event or stream of thoughts, or daydreams, or recollection led to the unpleasant emotion? 2. What (if any) distressing physical sensations did you have?	1. What thought(s) and/or image(s) went through your mind? 2. How much did you believe each one at the time?	1. What emotion(s) (sad, anxious, angry, etc.) did you feel at the time? 2. How intense (0-100%) was the emotion?	1. (optional) What cognitive distortion did you make? (e.g., all-or-nothing thinking, mind-reading, catastrophizing.) 2. Use questions at bottom to compose a response to the automatic thought(s). 3. How much do you believe each response?	1. How much do you now believe each automatic thought? 2. What emotion(s) do you feel now? How intense (0-100%) is the emotion? 3. What will you do? (or did you do?)
	<i>Thinking about Mark's not calling me.</i>	<i>He must not care. (90%)</i>	<i>Sad (90%)</i>	<i>Jumping to conclusions</i> <i>1. He didn't call when he said he would but he was affectionate the last time we were together. 2. Maybe he's been busy at work or just forgot. 3. The worst is he'll never call again and I'd be very unhappy but I guess my friends and family would help. Best is he'd call right now. Most realistic is he'll call in a day or two. 4. Believing he must not care makes me feel devastated. Realizing I might be wrong makes me feel more hopeful. 5. I should go ahead and call him myself. 6. If Joan were in this situation I'd tell her to go ahead and call him. (75%)</i>	<i>1. A.T. = 70%</i> <i>2. Sad = 60%</i> <i>3. I will call him after work tonight.</i>

33

Questions to help compose an alternative response: (1) What is the evidence that the automatic thought is true? Not true? (2) Is there an alternative explanation? (3) What's the worst that could happen? If it did happen, how could I cope? What's the best that could happen? What's the most realistic outcome? (4) What's the effect of my believing the automatic thought? What could be the effect of changing my thinking? (5) What should I do about it? (6) If _____ (friend's name) were in this situation and had this thought, what would I tell him/her?

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34

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TESTING YOUR THOUGHTS (Example)

This worksheet is an easier version of the Dysfunctional Thought Record and should be used in place of, not in addition to, the DTR, for certain clients, such as adolescents.

- What is the situation? Joanne yelled at me.
- What am I thinking or imagining? She'll never call me again.
- How does that thought make me feel? mad sad nervous other _____
- What makes me think the thought is true? She seemed pretty mad.
- What makes me think the thought is not true or not completely true? She's gotten mad at me before but she seems to get over it.
- What's another way to look at this? She's got a real temper but she doesn't stay mad.
- What's the worst that could happen? What could I do then? I'd lose my best friend. I would have to concentrate on my other friends.
- What's the best that could happen? She'll call back right away and apologize.
- What will probably happen? She'll act kind of cold for a few days but then I'll call her.
- What could happen if I changed my thinking? I could feel better, maybe call her sooner.
- What would I tell my friend [think of a specific person] Emily if this happened to him or her? Don't worry, just wait two days and call.
- What should I do now? Call a different friend.

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TESTING YOUR THOUGHTS

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- What is the situation? _____
- What am I thinking or imagining? _____

- How does that thought make me feel? mad sad nervous other _____
- What makes me think the thought is true? _____

What makes me think the thought is not true or not completely true? _____

- What's another way to look at this? _____

- What's the worst that could happen? What could I do then? _____

- What's the best that could happen? _____

- What will probably happen? _____

- What could happen if I changed my thinking? _____

- What would I tell my friend [think of a specific person] _____ if this happened to him or her? _____

- What should I do now? _____
