

Thought Record Sheet – completed example

Situation	Emotions / Moods (rate 0 – 100%)	Physical sensations	Unhelpful Thoughts / Images	Alternative / realistic thought More balanced perspective	What I did / What I could do / Defusion technique / What's the best response? Re-rate Emotion 0-100%
<p><i>Example:</i></p> <p><i>Out shopping, met an old school-friend, they said they'd heard I'd been ill</i></p>	<p><i>Embarrassed 90%</i> Anxious 85%</p>	<p><i>Heart pounding</i> <i>Tense muscles</i> <i>Hot</i> <i>Stomach churning</i> <i>Sweating</i></p>	<p><i>I just want to hide away!</i> <i>This is terrible.</i> <i>I need to get away</i> <i>I can't cope</i> <i>They're going to ask me awkward questions and I won't know what to say – they'll think I'm a complete idiot!</i> <i>They'll tell everyone how stupid I am.</i> <i>(Image of myself looking red, stumbling about, sweat pouring out, talking incoherently..)</i></p>	<p><i>It's normal to feel and think this way. I'm just reacting like this because of that time when I was 12.</i> <i>This is the anxiety talking.</i> <i>I don't know what they're really thinking.</i> <i>They're actually probably genuinely concerned about me.</i> <i>They must care about me to ask, so won't judge me negatively.</i> <i>I would ask someone the same if I met them in these circumstances.</i> <i>The feelings will pass.</i></p>	<p><i>I mumbled something about having to go, then rushed off to the check-out.</i> <i>Felt terrible 90%</i> <i>I could have just told them that, yes I haven't been well, but I am getting better now and thank you for asking – then asked them something about their life.</i> <i>I would have felt better = 30% embarrassed / anxious</i></p>
<p><i>Example:</i></p> <p><i>Went back to bed, haven't done anything this morning.</i></p>	<p>Depressed 95%</p>	<p><i>Exhausted,</i> <i>No energy</i></p>	<p><i>I can't even get dressed!</i> <i>There's no point to doing anything</i> <i>I'm so lazy & useless</i></p>	<p><i>It's normal to feel so tired – it's because I'm depressed.</i> <i>I felt a bit better yesterday after my shower, and managed to tidy up a bit. If I get up now, maybe I can walk to the corner shop, then phone a friend.</i></p>	<p><i>I got dressed, walked to the shop for milk and bread. I rang Rachel and she helped me feel better about myself.</i></p> <p><i>Less depressed & tired 50%</i></p>
<p><i>Example:</i></p> <p><i>Van pushed in front me on way to supermarket</i></p>	<p>Angry 85%</p>	<p><i>Tense muscles</i> <i>Rigid jaw</i> <i>Heart pounding</i> <i>Clenched fists</i></p>	<p><i>The careless b*****! He did that on purpose! I'm going to let him know he can't get away with that!</i></p>	<p><i>He's probably in a hurry and just didn't see me. I'm probably over-reacting a bit. No harm has been done really. I'll have forgotten about this next week. I'll feel better if I can just let this go.</i></p>	<p><i>(urge to hoot, shout, rev engine)</i> <i>Breathe. Slowed down & pulled back a little to allow more space in front of me. Kept calm and carried on – I put some music on and sang along on my way to the shop. Felt much calmer!</i> <i>10%</i></p>
<p><i>Helpful questions:</i></p> <p><i>What happened?</i> <i>Where? When?</i> <i>Who with? How?</i></p>	<p><i>What emotion did I feel at that time?</i> <i>What else?</i> <i>How intense was it?</i></p>	<p><i>What did I notice in my body?</i> <i>Where did I feel it?</i></p>	<p><i>What went through my mind?</i> <i>What disturbed me? What did those thoughts/images/memories mean to me, or say about me or the situation?</i> <i>What am I responding to?</i> <i>What 'button' is this pressing for me?</i> <i>What would be the worst thing about that, or that could happen?</i></p>	<p>STOPP! <i>Take a breath....</i> <i>Is this fact or opinion?</i> <i>What would someone else say about this situation? What's the bigger picture?</i> <i>Is there another way of seeing it?</i> <i>What advice would I give someone else?</i> <i>Is my reaction in proportion to the actual event?</i> <i>Is this really as important as it seems?</i></p>	<p><i>What could I do differently? What would be more effective?</i></p> <p><i>Do what works! Act wisely. What will be most helpful for me or the situation?</i> <i>What will the consequences be?</i></p>