

5-COLUMN 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(s) or mental image in the Automatic Thoughts column.

DATE /TIME	SITUATION	EMOTIONS	AUTOMATIC THOUGHT(S)	ALTERNATIVE RESPONSE	OUTCOME
	Describe what happened. What were you doing at the time? What (if any) distressing physical sensations did you have?	What emotions(s) (sad, anxious, angry, etc.) did you feel at the time? How intense (0 – 100%) was the emotion?	What thought(s) went through your mind?	(Optional) What cognitive distortion did you make? (e.g., all or nothing, mind reading, catastrophizing) Use the questions to compose a response to the automatic thought(s). How much do you believe each response?	How much do you know believe each automatic thought? What emotion(s) do you feel now? How intense (0-100%) is the emotion? What will or did you do?

Questions to help compose an alternative response (Evaluation Questions):

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| <p>(1) What is the evidence that the automatic thought is true? Not true?</p> <p>(2) Is there an alternative explanation?</p> <p>(3) What's the worst that could happen? Could I live through it?
What's the best that could happen? What's the most realistic outcome?</p> | <p>(4) What's the effect of my believing the automatic thought?
What could be the effect of changing my thinking?</p> <p>(5) What should I do about it?</p> <p>(6) If _____ (friend's name) was in the situation and had this thought, what would I tell him/her?</p> |
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