

3-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 | AUTOMATIC THOUGHT(S) | EMOTIONS |
|------------------------|---|---|---|
| | Describe what happened. What were you doing at the time? What (if any) distressing physical sensations did you have? | What thought(s) went through your mind? | What emotions(s) (sad, anxious, angry, etc.) did you feel at the time? How intense (0 – 100%) was the emotion? |
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