

Dysfunctional Thought Record

Date/Time	Situation	Automatic thought	Emotion(s)	Distortion	Alternative thoughts	Outcome
	<p>Describe: event leading to unpleasant emotion, or stream of thoughts, daydreams, or recollections leading to an unpleasant emotion, or distressing physical sensations</p>	<p>Write automatic thoughts that preceded emotion</p> <p>Rate belief in automatic thought 0-100%</p>	<p>Specify sad, angry, anxious, etc</p> <p>Rate degree of emotion 0-100%</p>	<p>All-or-nothing thinking Overgeneralisation Mental filter Disqualifying the positive Jumping to conclusions Magnification or minimisation Emotional reasoning "Should" statements Labelling and misleading Personalisation</p>		