

THOUGHT RECORD

Record your bothersome thoughts when you are feeling upset or in distress—even just slightly uncomfortable. It could be after you have a disturbing conversation with your boss, or you received some unexpected bill in the mail, or maybe the triggering event is not quite as identifiable. If you have a chance, take a few minutes to pause and write down what the situation is and what you're thinking. In the “Category” column, see if you can identify what type of irrational belief the negative thought might be: CB = Core Belief; CA = Conditional Assumption; AT = Automatic Thought. Under “Other Interpretation(s),” try to determine why the Negative Thought is distorted and what would be more accurate or plausible interpretations.

Situation	Negative Thought	Category	Other Interpretation(s)
		<input type="checkbox"/> CB <input type="checkbox"/> CA <input type="checkbox"/> AT	
		<input type="checkbox"/> CB <input type="checkbox"/> CA <input type="checkbox"/> AT	
		<input type="checkbox"/> CB <input type="checkbox"/> CA <input type="checkbox"/> AT	
		<input type="checkbox"/> CB <input type="checkbox"/> CA <input type="checkbox"/> AT	
		<input type="checkbox"/> CB <input type="checkbox"/> CA <input type="checkbox"/> AT	
		<input type="checkbox"/> CB <input type="checkbox"/> CA <input type="checkbox"/> AT	
		<input type="checkbox"/> CB <input type="checkbox"/> CA <input type="checkbox"/> AT	