

## CBT THOUGHT RECORD

A key to CBT is understanding how we did something; it could have been yesterday or two weeks ago. Something happened and we develop a nagging thought that we did it wrong or we should have done it differently or we were told it was wrong. That uncomfortable feeling plays on the core belief that we often feel about ourselves, and it may even be at a subconscious level. So, we hold onto that uncomfortable feeling and if we don't address it, it will guide us when we try and do something else. Consequently, these thoughts may interfere with our ability to accomplish what we need to do now or in the future, perhaps interfere in some way so you don't complete a goal, do a task, or seek out a new adventure. If we choose to look at what happened or what we want to do with a non-judgmental frame of mind, we can see a way to reframe our thoughts. This will help us understand how our feelings, thoughts and even our attitude can get in the way of living our lives in a good way. So try it. Answer the following questions to address something that happened or something you want to try and see how you can change your thoughts and feelings.

Where were you, what were you doing, what do you want to review? If this is for the future what do you want to do?	
What were your feelings/emotions? If this is for a future event – how do you think you will feel?	Rate *SUDS level Score 0 - 10
What were/are your <b>**negative thoughts?</b> (automatic, unhelpful, involuntary, distorted, reasonable?) About your concerns?	
Is there any past evidence that supports your thoughts?	Is there any past evidence that does <u>not</u> support your thoughts?
What was the worst thing that could have happened? What is the worst thing in the future that might happen?	What was the best thing that could have happened? What is the best thing in the future that might happen?
Now rethink it - what is an alternative more balanced thought for you to consider about what you did or what you want to do?	
After you have done this exercise or after you did what you wanted to do in the future - what <b>***unhelpful thinking styles</b> or cognitive distortions were you using? How can you think about this differently now?	
After you have done this exercise or after you did what you wanted to do in the future - how are you feeling now? What emotions are you <u>now</u> having about this experience/situation? Do you feel better?	Rate *SUDS level Score 0 – 10

\***SUDS - Subjective Units of Distress/Disturbance Scale** – From 0 to 10, rate how stressful this situation was for you.

Or simply on a scale of **1 to 10**, where **1 is the best you could feel and 10 is the worse you could feel – How do you feel now?**

- 10** = Feels unbearably bad, out of control, overwhelmed, at the end of your rope. No one could possibly understand your agitation.
- 9** = Feeling desperate. A 10 is usually a 9 /feels unbearable and you are scared for what you might do. Feeling very bad, losing control of emotions.
- 8** = Freaking out. The beginning of alienation.
- 7** = Starting to freak out, on the edge of some definitely bad feelings. You can maintain control with difficulty.
- 6** = Feeling bad to the point that you begin to think something ought to be done about the way you feel.
- 5** = Moderately upset, uncomfortable. Unpleasant feelings are still manageable with some effort.
- 4** = Somewhat upset to the point that you cannot easily ignore an unpleasant thought. You can handle it OK but don't feel good.
- 3** = Mildly upset. Worried, bothered to the point that you notice it.
- 2** = A little bit upset, not noticeable unless you paid attention to your feelings and then realized there is something bothering me.
- 1** = No acute distress and feeling basically good. If you took special effort you might feel something unpleasant but not much.
- 0** = Peace, serenity, total relief. No more anxiety of any kind about any particular issue.

**\*\*NEGATIVE THOUGHTS ARE:** Automatic – they just show up in your mind; Unhelpful – they keep you down, keep you questioning yourself, doubt yourself; Involuntary – you don't really want them, you just can't stop them from happening; Distorted – you think they are true, but they are not. They are not supported by your experience or what you know to be true; Reasonable – you really think they are facts or truth; you never question them as being likely or plausible.

**\*\*\*UNHELPFUL THINKING STYLES ARE** unhelpful thoughts/statements that usually produce thoughts of defeat and emotional distress. Were you Jumping to Conclusions – what was the evidence/jumping to the wrong conclusion; Mental Filters – using tunnel vision to ignore what is happening/filtering out information; Personalization – blaming yourself/taking total responsibility; Catastrophizing – using “What if or Oh No!” or blowing things out of proportion; Black and White Thinking - thinking in absolutes, it's good or bad; Shoulding/Musting – I should do this/ I must do that; Overgeneralization – things will never turn out/ global conclusions; Labelling – using global statements, “I am so stupid”; Emotional Reasoning for making a decision (taking our emotions as being evidence for the truth) and lastly Magnification and or Minimization – do not recognize an accomplishment, even when you accomplish it or blow things out of proportion.