

Dysfunctional Thought Record

This worksheet is especially helpful for people who struggle with negative thoughts and need to figure out when and why those thoughts are most likely to pop up. Learning more about what provokes certain automatic thoughts makes them easier to address and reverse.

This *Dysfunctional Thought Record Worksheet* is divided into 7 columns:

1. On the far left, there is space to write down the **Date and Time** a dysfunctional thought arose.
2. The second column is where the **Situation** is listed. The user is instructed to describe the event that led up to the dysfunctional thought in detail.
3. The third column is for the **Automatic Thought**. This is where the dysfunctional automatic thought is recorded, along with a rating of belief in the thought on a scale from 0% to 100%.
4. The next column is where the **Emotion** or emotions elicited by this thought are listed, also with a rating of intensity on a scale from 0% to 100%.
5. The fifth column is labeled "**Cognitive Distortion**." This column is where the user will identify which cognitive distortion(s) they are suffering from with regard to this specific dysfunctional thought, such as all-or-nothing thinking, filtering, jumping to conclusions, etc.
6. The second-to-last column is for the user to write down **Alternative Thoughts** that are more positive and functional to replace the negative one.
7. Finally, the last column is for the user to write down the **Outcome** of this exercise. Were you able to confront the dysfunctional thought? Did you write down a convincing alternative thought? Did your belief in the thought and/or the intensity of your emotion(s) decrease?

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Worksheet

Date & Time	Situation	Automatic Thought	Emotion	Cognitive Distortion	Alternative Thought	Outcome
When did the thought occur?	What was the context? What was happening at the time and prior to the thought?	Describe the thought. Rate how much you believed it out of 100%	What feelings came to you at the time? How intense were they out of 100%?	E.g. filtering, personalization, catastrophizing	What is a more adaptive alternative? Is there another potential solution?	Now re-rate how much you believe the original thought, and your emotions, out of 100%.