



DATE: _____

TIME: _____

Use this to track your thoughts and moods on a daily basis.

- My thought/mood is:

- What brought on this thought/mood?

- On a scale of 1-10 what is the intensity of this thought/mood?

- My reaction to this thought/mood was:



DATE: _____

TIME: _____

Use this to track your thoughts and moods on a daily basis.

- Coping skills I used:

- Did the coping skills help?

- Did you take any medication and did it help?

- Is this a new thought/mood?

DATE: _____

COGNITIVE DISTORTIONS

WHAT THOUGHT DISTORTION ARE YOU USING?

Filtering:

Taking only the negatives and magnifying them while ignoring positives of a situation.

Black & White:

All or nothing, no middle ground. Everything is in an either/or category. No gray area.

Overgeneralization:

The outcome of a single event results in everything else having the same results.

Jumping To Conclusions:

Concluding that something is true without finding out if it is or not.

Catastrophizing:

Expecting disaster to strike. No matter what. Using "What If" questions.

Personalization:

Believing everything others do or say is a direct reaction to them.

Control Fallacies:

Feeling externally controlled, a victim or internally controlled, assuming its your fault.

Fallacy of Fairness:

Looking for fairness in all of your experiences.

Blaming:

Blaming others for what goes wrong.

Shoulds:

Rules we have about how others should behave. Often using "Should" statements.

Emotional Reasoning:

If we feel a certain way then it must be true.

Fallacy of Change:

Expecting others to change to suit us.

Global Labeling:

If we fail at one thing we will fail at everything.

Always Be Right:

We have to be right. Being wrong is unacceptable.

Heaven's Reward Fallacy:

false belief that a person's sacrifice and self-denial will eventually pay off.

COGNITIVE RESTRUCTURING

Here you are basically going to be putting your thought on trial. Dissect the thought, Look for evidence for or against the thought, and find out if the thought is true or false.

Thought To Question:

Evidence For This Thought:

Evidence Against This Thought:

Is this thought based on fact or feelings?

Am I using a thought distortion? If so which one?

Am I making any assumptions? If so what are they?

COGNITIVE RESTRUCTURING

Here you are basically going to be putting your thought on trial. Dissect the thought, Look for evidence for or against the thought, and find out if the thought is true or false.

Would other people have a different interpretation of this situation? What are they?

Am I looking at all the evidence or only what supports my thought?

Could my thought be an exaggeration of what's true?

Is this thought out of habit or do the facts support it?

Was this thought/belief passed to me from someone else? If so are they a reliable source?

Is my thought a likely scenario or worst case?

Thought Record

Situation/ Trigger	Feelings Rate Emotions 0 - 100	Your Thought	Facts that support the thought	Evidence against the thought	Alternative more realistic perspective	Re-rate emotions