

# Thought Record

| <b>Day</b>       | <b>Situation:</b><br>What happened? | <b>Schema</b><br>Core beliefs and biases | <b>Automatic Thought</b><br>What did you tell yourself? | <b>Emotion</b><br>How did you feel? (0-100%) | <b>Evidence</b><br>Proving/Discrediting Facts | <b>Alternative Thought</b><br>Rational Responses |
|------------------|-------------------------------------|--|---|--|---|--|
| <b>Sunday</b>    |                                     |  |   |  |   |  |
| <b>Monday</b>    |                                     |  |   |  |   |  |
| <b>Tuesday</b>   |                                     |  |   |  |   |  |
| <b>Wednesday</b> |                                     |  |   |  |   |  |
| <b>Thursday</b>  |                                     |  |   |  |   |  |
| <b>Friday</b>    |                                     |  |   |  |   |  |
| <b>Saturday</b>  |                                     |  |   |  |   |  |