

Daily Record of Dysfunctional Thoughts

Date:

Situation

Describe:

1. Actual event leading up to unpleasant emotion
2. Stream of thoughts, daydream, or recollection leading to unpleasant emotion

Emotion(s)

1. Specify- sad, angry, anxious, etc
2. Rate degree of emotion, 0-100

Automatic Thought(s)

1. Write automatic thought(s) that came before emotion(s)

2. Rate belief in automatic thought(s), 0-100

Rational Response

1. Write rational response to automatic thought(s)

2. Rate belief in rational response, 0-100

Outcome

1. Rerate belief in automatic thought(s), 0-100
2. Specify and rate your subsequent emotion(s), 0-100