

THOUGHT RESPONSE RECORD

1. EVENT (Date, Time, What Happened):

2. THOUGHTS AT THE TIME ("IDENTIFICATION"):

A. FEELINGS AT THE TIME (and level of intensity of these feelings):

B. BEHAVIORS AT THE TIME:

C. COGNITIVE DISTORTIONS (see Checklist of Cognitive Distortions):

3. EVALUATION OF ORIGINAL THOUGHTS (What is the evidence?):

4. RESPONSE TO ORIGINAL THOUGHTS (More helpful thoughts):

5. FEELINGS NOW (and level of intensity of these feelings) :