

Record of Problematic Thoughts

Date : _____

<i>Trigger</i>	<i>Thought</i>	<i>Percent Believed</i>	<i>Emotion and Rating</i>	<i>Behavior</i>
<i>What happened just before the thought? This could be an event, a thought, a memory.</i>	<i>Try to record the thought in the exact words in which it occurred to you.</i>	<i>Give your thought a rating between 1 and 100 with 100% being believed completely.</i>	<i>Note which of the emotions you felt and rate it between 1 and 10 with 10 being the most.</i>	<i>Note what you did afterwards and give a new emotion and rating.</i>

Find more CBT materials and additional resources at DrMiello.com

Dr Michael Miello
Clinical Psychologist