Dysfunctional Thought Record

Name: **Date:**

Instructions: Use this record to help identify and challenge negative or unhelpful thoughts. By filling it out, you can recognize patterns in your thinking, develop more balanced responses, and reduce emotional distress over time.

Date and time of situation	Situation	Automatic thoughts	Cognitive distortion or dysfunctional thought	Emotions	Alternative response	Outcome
When did this happen?	*What triggered your emotional reaction?*	*What unhelpful thought or image went through your mind?*	*What thinking trap did you fall into?*	*What emotion did you feel, and how strong was it?)*	*What is a more balanced or realistic way to think about this?*	*What changed afterward—feelings, actions, or perspective?*