

# Dysfunctional Thought Record

Name

## Instructions:

1. **Situation/Trigger:** Identify a specific situation or event that triggered negative or irrational thoughts. It could be something that recently happened or a recurring situation that often leads to dysfunctional thinking.
2. **Dysfunctional Thought:** Write down the negative or irrational thought that automatically came to your mind during the identified situation. Be as specific and accurate as possible.
3. **Emotions/Feelings:** List the emotions or feelings you experienced as a result of the dysfunctional thought. Try to identify the intensity and type of emotions you felt (e.g., anger, sadness, anxiety).
4. **Evidence for the Thought:** Write down any evidence or reasons that seem to support the dysfunctional thought. These could be actual facts, past experiences, or personal beliefs that contribute to the validity of the thought.
5. **Evidence against the Thought:** List any evidence or reasons that contradict or challenge the dysfunctional thought. Look for alternative explanations, counterexamples, or logical arguments that undermine the validity of the thought.
6. **Alternative Thought:** Generate a more rational or balanced thought that could replace the dysfunctional thought. This alternative thought should be more accurate, reasonable, and constructive. Challenge the negative thinking pattern and focus on creating a more positive and realistic perspective.
7. **New Emotions/Feelings:** Reflect on how the alternative thought makes you feel and identify the emotions associated with it. Notice any changes in emotional intensity or a shift towards more positive emotions.

Situation/Trigger 1:

Dysfunctional Thought

Emotions/Feelings

Evidence for the Thought

Evidence against the Thought

Alternative Thought

New Emotions/Feelings

**Situation/Trigger 2:**

Dysfunctional Thought

Emotions/Feelings

Evidence for the Thought

Evidence against the Thought

Alternative Thought

New Emotions/Feelings

**Situation/Trigger 3:**

Dysfunctional Thought

Emotions/Feelings

Evidence for the Thought

Evidence against the Thought

Alternative Thought

New Emotions/Feelings

**Situation/Trigger 4:**

Dysfunctional Thought

Emotions/Feelings

Evidence for the Thought

Evidence against the Thought

Alternative Thought

New Emotions/Feelings