

## DYSFUNCTIONAL THOUGHT RECORD

Date /time	Situation	Automatic Thoughts(s)	Emotion(s)	Adaptive Response	Outcome
	<ol style="list-style-type: none"> <li>1. What actual event or stream of thoughts, or daydreams or recollection led to the unpleasant emotion?</li> <li>2. What (if any) distressing physical sensations did you have?</li> </ol>	<ol style="list-style-type: none"> <li>1. What thought(s) and/or image(s) went through your mind?</li> <li>2. How much did you believe each one at the time?</li> </ol>	<ol style="list-style-type: none"> <li>1. What emotion(s) (sad/anxious/angry/ etc.) did you feel at the time?</li> <li>2. How intense (0-100%) was the emotion?</li> </ol>	<ol style="list-style-type: none"> <li>1. (optional) What cognitive distortion did you make?</li> <li>2. Use questions at the bottom to compose a response to the automatic thought(s).</li> <li>3. How much do you believe each response?</li> </ol>	<ol style="list-style-type: none"> <li>1. How much do you now believe each automatic thought?</li> <li>2. What emotion(s) do you feel now? How intense (0-100%) is the emotion?</li> <li>3. What will you do (or did you do)?</li> </ol>
<p>4/28</p> <p>5:12 pm</p>	<p>Stepped on the scale and it read 210, I have been trying to diet to get it down to 190.</p> <p>Sinking feeling in my stomach, tension in my shoulders</p>	<p>I am unattractive 80%</p> <p>I really want to lose the weight but it isn't working 95%</p> <p>I should be able to lose this weight. What's wrong with me? 60%</p>	<p>Sad 40%</p> <p>Frustrated 30%</p> <p>Ashamed 50%</p>	<p>Selective Abstraction</p> <p>Although I am a little overweight there are still attractive things about me. 95%</p> <p>Childish Fantasy</p> <p>Weight loose is about the control of calories and exercise and not about how much I want it. 90%</p> <p>Thinking in Shoulds</p> <p>Weight loose is hard and it takes time to develop a plan that works and that you can stick to. 95%</p>	<p>Unattractive 40%</p> <p>Sad 20%</p> <p>I really want to 90% true but relevance 10%</p> <p>Frustrated 10%</p> <p>I should 10%</p> <p>Ashamed 5%</p> <p>Plan-Revise my diet, and increase exercise by going to the gym three days a week.</p>

Questions to help compose an alternative response: (1) What is the evidence that the automatic thought is true? (2) Is there an alternative explanation? (3) What's the worst that could happen? Could I live through it? What's the best that could happen? What's the most realistic outcome? (4) What's the effect of my believing the automatic thought? What could be the effect of my changing my thinking? (5) What should I do about it? (6) If \_\_\_\_\_ {friend's name} was in the situation and had this thought, what would I tell him/her?

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### Work Sheet for Column 5

DT1. What is the evidence that I am unattractive?

Evidence that it is true

I am 30 pounds over weight based on weight/height charts and there are areas of my body that show a high body fat content.

Evidence that it is not true

There are several aspects of my appearance that I am happy with, few wrinkles for my age, hair is intact and not too gray, personality is warm and engaging, and attractiveness is not only about physical appearance.

DT2. What is the effect of my believing the automatic thought? What Should I do about it?

Wanting to lose weight does help my motivation, but the thought “It isn’t working” only results in feelings of frustration and hopelessness. This AT has a damaging effect on my ability to actually do anything about my weight. Because the thought “I want to lose weight” is true, then the key question here is “What should I do about it?”

DT3. What is the effect of my believing the automatic thought? What is the evidence that there is something wrong with me?

“What is wrong with me?” is particularly damaging in that it causes a feeling of shame connected to the idea that I am defective. The effect of this automatic thought is to undermine my sense of self-esteem, self confidence, and also can results in feelings of hopelessness or helplessness. Second is that there is little evidence to support the idea that I had defective as a person, and there is a good deal of evidence that I am not defective as a person. The key here is to recognize that there are things in the world that are actually difficult to do, and require effort, planning, assessment of effectiveness and alteration of plans based on outcomes.