

THOUGHT RECORD – GAINING PERSPECTIVE

REACTING	1: Situation Describe the situation in which you have experienced distressful emotions. Where were you? What were you doing?	
	2: Thoughts Write down thoughts that come/came to your mind about your current situation. Circle the thought that causes the most distress. This is your hot thought that you will be working on. (If your thoughts are all questions (“whys” or “what ifs”), rewrite them as statements. For example, “Why does it happen to me?” becomes “This happens to me” and “What if I lose my job?” becomes “I will be jobless”.)	3: Rate your level of distress from 0 to 100.
	4: What do you have an URGE to do about this situation?	
GAINING PERSPECTIVE	5: Write down all the FACTS that support your conclusion:	6: Write down all the FACTS that do not support your conclusion:
	7: Write down a balanced statement that describes your situation by taking into the account the facts for AND against our initial conclusion.	
	8: Given a more balanced view of your circumstances, what actions make sense to get you closer to what you want?	9: Re-rate your level of distress from 0 to 100.