

Dysfunctional Thought Record

Name: _____ Date: _____ dd / mm / yyyy

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.

THOUGHT 1

Date of situation: _____ dd / mm / yyyy Time of situation: _____

Situation:

Automatic thoughts:

Cognitive distortion or dysfunctional thought:

Emotions:

Alternative response:

Outcome:

THOUGHT 2

Date of situation: _____ dd / mm / yyyy Time of situation: _____

Situation:

Automatic thoughts:

Cognitive distortion or dysfunctional thought:

Emotions:

Alternative response:

Outcome:

THOUGHT 3

Date of situation: _____ dd / mm / yyyy

Time of situation: _____

Situation:

Automatic thoughts:

Cognitive distortion or dysfunctional thought:

Emotions:

Alternative response:

Outcome:

THOUGHT 4

Date of situation: _____ dd / mm / yyyy

Time of situation: _____

Situation:

Automatic thoughts:

Cognitive distortion or dysfunctional thought:

Emotions:

Alternative response:

Outcome:

THOUGHT 5

Date of situation: _____ dd / mm / yyyy

Time of situation: _____

Situation:

Automatic thoughts:

Cognitive distortion or dysfunctional thought:

Emotions:

Alternative response:

Outcome: