

<p><u>TRIGGER SITUATION</u>  <i>What were you doing or thinking?  When was it? Where were you?  Who were you with?</i></p>	<p><u>FEELINGS</u>  <i>What were you feeling?  1-10</i></p>	<p><u>THOUGHTS</u>  <i>What went through your mind just before you started to feel this way?  What does this say about me?  What is the worst that could happen if this is true about me?</i></p>	<p><u>ERRORS</u>  #1 Jumping to conclusions  #2 Over-generalizing  #3 Either/Or  <i>(also see errors on p.70)</i></p>	<p><u>ANSWERS</u>  <i>What's the evidence that thought is 100% true?  What's an alternative explanation?  So what?</i></p>	<p><u>ACTION</u>  <i>How can you test this out or improve the situation?</i></p>	<p><u>OUTCOME</u>  <i>How do you feel now(1-10)</i></p>
<p><b>EXAMPLE:</b>  I can't find a situation for thought record.</p>	<p>I feel discouraged, depressed, hopeless (9)</p>	<p>-I should be able to find many situations for a thought record.  -If I can't even find one situation, then I'm a hopeless case.  -I'm never going to feel any better.</p>	<p>-Over-generalizing (also predicting the future, catastrophizing, mind reading &amp; using "should" statements).</p>	<p>-I have no absolute evidence to support the idea that I will never get better or that I am hopeless. This is only the first time that I am trying the TR.</p>	<p>-I can tell my therapist about my difficulty. When we discussed my situation she helped me understand how to use the TR.</p>	<p>Discouraged, depressed hopeless (2)</p>