

Sample thought record (TR) completed by depressed pt:

| <u>TRIGGER SITUATION</u> <i>What were you doing or thinking when you started to feel bad?</i> | <u>FEELING</u> <i>What were you feeling? How bad did you feel (1-10, 10 is the worst)</i> | <u>AUTOMATIC THOUGHTS</u> <i>What went through your mind?</i> | <u>THINKING ERRORS</u> <i>#1 jumping to conclusions #2 over-generalizing #3 either/or</i> |
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