

Sample thought record (TR) completed by depressed pt:

<p><u>TRIGGER SITUATION</u> <i>What were you doing or thinking when you started to feel bad?</i></p>	<p><u>FEELING</u> <i>What were you feeling? How bad did you feel (1-10, 10 is the worst)</i></p>	<p><u>AUTOMATIC THOUGHTS</u> <i>What went through your mind?</i></p>	<p><u>THINKING ERRORS</u> <i>#1 jumping to conclusions #2 over-generalizing #3 either/or</i></p>
<p><u>EXAMPLES:</u> 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 TR. -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 & using "should" statements).</p>
<p>My daughter calls to ask me to send her something. When I try to have more of a conversation, she hurries to get off the phone</p>	<p>I feel sad, down depressed (10)</p>	<p>-I miss spending time with my kids. -There really is something wrong with me. -My kids don't like me. -I have failed as a father.</p>	<p>-Jumping to conclusions, over-generalizing.</p>