

Worksheet for Recording Dysfunctional Thoughts

Situation	Automatic Thought	Emotion	Reaction	Evidence For the Thought	Evidence Against the Thought	Alternative Thought
Write down the situation or event that triggered your thought. Be specific (who, when, where).	Identify the thought that popped into your mind in that situation. Jot it down without filtering.	Write the emotions you felt. Rate the intensity from 0 to 10.	What did you do?	List facts that support the thought	List facts that contradict the thought	Develop a more balanced or realistic thought to replace the dysfunctional one.

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