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# Thought Journal Worksheet

**the thought worksheet - drcolleencarney** - the thought worksheet complete a worksheet whenever you experience a distressing sleep- or fatigue-related thought situation mood distressing thoughts or images evidence that the most distressing thought is true evidence that the most distressing thought may not be true alternative/ balanced thoughts rate mood now describe the situation in **thought record - therapist aid** - situation thought s emotions behaviors alternate thought . title: thought record author: therapist aid llc created date: 5/18/2018 2:43:34 pm ... **thought record - 7 column - getselfhelp cbt self ...** - thought record sheet - 7 column getselfhelp carol vivyan 2010, adapted from padesky 1995. permission to use for therapy purposes get situation / trigger feelings emotions - (rate 0 - 100%) body sensations **cbtandfeelinggood - changing your thinking: a ...** - cbtandfeelinggood - changing your thinking: a 'thought replacement' worksheet catch the negative thought: keep a journal, taking notes of the actual thoughts you are thinking when you're in a situation that upsets you and ends in self-limiting and self-sabotaging **simplified automatic thought record** - exercise 7.2 automatic thought record as soon as you feel your mood worsening, fill in the chart below by asking yourself, "what am i thinking and feeling right now ?date, time situation automatic thought/s feeling/s your resp onse results **thought stopping handout revised done** - thought stopping is a technique you can employ to combat or eliminate negative and self-defeating thinking. this technique can be especially helpful with rumination, and with deeply entrenched patterns of negative thinking. the procedure is fairly simple and has only a few steps which are as follows: **automatic thought record - cbtiofsocal** - automatic thought record when you notice your mood getting worse, ask yourself, "what's going through my mind right now?" as soon as possible, fill in the table below. date, time situation automatic thoughts (ats) emotion/s adaptive response outcome • what led to the unpleasant • what thought/s or image/s went emotion? **cbt worksheet - cognitive therapy thought record** - cbt worksheet - cognitive therapy thought record 1. the situation. briefly describe the situation that led to your unpleasant feelings. this will help you remember the situation later if you review your notes. 2. initial thought. what thought first crossed your mind? this was probably a subconscious or automatic thought that you have had ... **how to use the depression/anxiety worksheets** - worksheet 2 - thought change record • this worksheet will help you identify an event or situation that triggered a strong feeling or emotion, as well as help you identify the irrational thinking that resulted. • after you identify your irrational thoughts, you write a rational thought and the desired behavior outcome. **the triangle of thoughts, feelings, & behaviors** - each day, use the blanks below to record one negative thought you had during the day and list the activating event which may have led to that negative thought. next, rate how strongly you believe that thought on a scale from 1-100 and rate your overall mood for the day on a scale mood journal

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