

# THOUGHTS ON TRIAL

## Instructions on how to use Thought Records or putting your Thoughts On Trial.

<b>Situation</b>	Briefly note the event or situation that triggered the negative thoughts. (For instance, you are at work and walk into the breakroom and say a general hello to the 5 ppl that are there, and no one responds.)
<b>Automatic Negative Thought</b>	State the automatic negative thought that came to mind. (For instance, "Everybody hates me.")
<b>Define Thought</b>	As it relates to your automatic negative thought, ask yourself, "if that happens to be true, what does that say about me as a person?" (For instance, it may say "I am unlovable.")
<b>Rate Believability of Thought</b>	Rate and record the percentage (out of 100%) you believe that thought in the moment.
<b>Uncomfortable Core Emotions</b>	Select from the list which emotion you are feeling in the moment.
<b>Rate Intensity of Emotion</b>	Rate and record the percentage (out of 100%) you feel the intensity of that emotion in the moment.
<b>Supporting &amp; Refuting Evidence</b>	List 3 facts that prove the thought of "Everybody hates me." List 3 facts that disprove the thought of "Everybody hates me."
<b>Identify the Cognitive Distortion:</b>	Select from the list which cognitive distortion applies to this automatic negative thought.
<b>Balanced Replacement Thought:</b>	At this point you may have discovered that based on the evidence, your automatic negative thought has some distortions. If that is the case, use the template language to find a more balanced thought.
<b>Re-Rate Believability of Thought</b>	Rate and record the percentage (out of 100%) you believe that thought after this exercise.
<b>Re-Rate Intensity of Emotion</b>	Rate and record the percentage (out of 100%) you feel the intensity of that emotion after this exercise.

**Situation**

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**Automatic Negative Thought**

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**Define Thought**

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**Rate Believability of Thought**

\_\_\_\_\_ %

**Uncomfortable Core Emotions**

- ☐ **Angry** (jealous, frustrated, critical)
- ☐ **Guilty** (embarrassed, ashamed, resentful)
- ☐ **Sad** (hurt, lonely, disappointed)
- ☐ **Scared** (anxious, overwhelmed, powerless)

**Rate Intensity of Emotion**

\_\_\_\_\_ %

**Supporting Evidence**

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

**Refuting Evidence**

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

**Identify the Cognitive Distortions in your Automatic Negative Thought:**

- |  |  |
|--|--|
| <input type="checkbox"/> All or Nothing          | <input type="checkbox"/> Generalizing                  |
| <input type="checkbox"/> Catastrophizing         | <input type="checkbox"/> Labeling & Blaming            |
| <input type="checkbox"/> Compare & Despair       | <input type="checkbox"/> Memories                      |
| <input type="checkbox"/> Discounting & Filtering | <input type="checkbox"/> Mind-Reading                  |
| <input type="checkbox"/> Emotional Reasoning     | <input type="checkbox"/> Personalization or Self-Blame |
| <input type="checkbox"/> Fortune-Telling         | <input type="checkbox"/> Should Statements             |

**Balanced Replacement Thought:**

"Although, I think/feel \_\_\_\_\_,

I have evidence that \_\_\_\_\_."

**Re-Rate Believability of Thought**

\_\_\_\_\_ %

**Re-Rate Intensity of Emotion**

\_\_\_\_\_ %