

THOUGHTS ON TRIAL

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

Situation	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.)
Automatic Negative Thought	State the automatic negative thought that came to mind. (For instance, "Everybody hates me.")
Define Thought	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.")
Rate Believability of Thought	Rate and record the percentage (out of 100%) you believe that thought in the moment.
Uncomfortable Core Emotions	Select from the list which emotion you are feeling in the moment.
Rate Intensity of Emotion	Rate and record the percentage (out of 100%) you feel the intensity of that emotion in the moment.
Supporting & Refuting Evidence	List 3 facts that prove the thought of "Everybody hates me." List 3 facts that disprove the thought of "Everybody hates me."
Identify the Cognitive Distortion:	Select from the list which cognitive distortion applies to this automatic negative thought.
Balanced Replacement Thought:	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.
Re-Rate Believability of Thought	Rate and record the percentage (out of 100%) you believe that thought after this exercise.
Re-Rate Intensity of Emotion	Rate and record the percentage (out of 100%) you feel the intensity of that emotion after this exercise.

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Situation

Automatic Negative Thought

Define Thought

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:

- All or Nothing
- Generalizing
- Catastrophizing
- Labeling & Blaming
- Compare & Despair
- Memories
- Discounting & Filtering
- Mind-Reading
- Emotional Reasoning
- Personalization or Self-Blame
- Fortune-Telling
- Should Statements

Balanced Replacement Thought:

"Although, I think/feel _____,

I have evidence that _____."

Re-Rate Believability of Thought

Re-Rate Intensity of Emotion
