

Illustration Sheet

Daily Record of Dysfunctional Thoughts

Daily Record					
Situation	Emotion(s)	Automatic Thought(s)	Cognitive Distortion(s)	Rational Response(s)	Outcome
Instructions: Briefly describe the actual event leading to the unpleasant emotion.	Instructions: 1. Specifically sad / anxious / anger, etc. 2. Rate degree of emotion: 1-100%	Instructions: Write the automatic thought(s) that accompany the emotion(s).	Instructions: Identify the distortion(s) present in each automatic thought.	Instructions: Write rational response(s) to the automatic thought(s).	Instructions: Specify and rate subsequent emotions 0-100%.
Example: Potential customer hangs up on me when I call to describe our new insurance program. He said, "Get out of my hair!"	Example: Angry: 99% Sad: 50%	Example: 1. I'll never sell a policy. 2. I'd like to strangle the guy. 3. I must have said the wrong thing.	Example: 1. Overgeneralization 2. Magnifications; labeling 3. Jumping to conclusions; personalization.	Example: 1. I've sold a lot of policies. 2. He acted like a pain in the butt. We all do at times. Why let this get to me? 3. I actually didn't do anything different from the way I usually approach a new customer. So why sweat it?	Example: Angry: 50% Sad: 10%
Explanation: When you experience an unpleasant emotion, note the situation that seemed to stimulate it. Then, note the automatic thought associated with the emotion. In rating degree of emotion, 1 = a trace; 100 = the most intense possible.					

