

DAILY RECORD OF DYSFUNCTIONAL THOUGHTS

DATE	SITUATION Describe: 1. Actual event leading to unpleasant emotion or 2. Stream of thoughts, daydream, or recollection, leading to unpleasant emotion.	EMOTION(S) 1. Specify sad, anxious, angry, etc. 2. Rate degree of emotion. 1-100	AUTOMATIC THOUGHT(S) 1. Write automatic thought(s) that preceded emotion(s). 2. Rate belief in automatic thought(s). 0-100%	RATIONAL RESPONSE 1. Write rational response to automatic thought(s). 2. Rate belief in rational response. 0-100%	OUTCOME 1. Re-rate belief in automatic thought(s). 0-100% 2. Specify and rate subsequent emotions. 0-100
/ /	<i>I broke my leg on a skiing trip. Now I'm in a cast & this limits my normal activity. I am quick with others & don't even want to get out of bed.</i>	<i>Frustrated (80) Depressed (70)</i>	<i>A) There were lots of other skiers on the mountain, many of them were less skillful & in less shape than me. How come these terrible things always happen to me? (80%) B) Now I'm totally dependent on my wife for everything. I just can't stand it! (86%) C) What's the use of even getting out of bed? I can't do anything for myself. I'm worthless & life sucks! (78%)</i>	<i>A) Terrible things don't always happen to me, although I sometimes think they do. That's an exaggeration of the facts. Accidents do happen during athletic events, no matter how skillful or in shape the participants happen to be. They can't always be predicted & prevented. (95%) B) I'm not totally dependent on my wife. I can still do lots of things on my own. She doesn't mind giving me a helping hand until I can get out of this cast. Why can't I just graciously accept it? The situation is only temporary & I can certainly stand it! This too will pass! (97%) C) Things can be a lot worse. I don't have a chronic or life threatening condition. I can certainly do a lot of pleasurable things, though I'm less mobile, slower, and more careful right now. I'm enjoying catching up on my reading. I'm also continuing to see & talk with friends & family. They don't think I'm worthless, & it doesn't help me to think that way. Self-pity will only get me depressed & miserable. Yes, life is a bit restricted regarding my physical activity right now but it's only inconvenient, not awful. I can get through this! (94%)</i>	<i>1. A = 45% B = 40% C = 39% 2. Frustrated (40) Depressed (35)</i>

EXPLANATION: When you experience an unpleasant emotion, note the situation that seemed to stimulate the emotion. (If the emotion occurred while you were thinking, daydreaming, etc., please note this.) Then note the automatic thought associated with the emotion. Record the degree to which you believe this thought: 0%=not at all; 100%=completely. In rating degree of emotion: 1=a trace; 100=the most intense possible. Above filled-in by W.L. Knupp

RATIONAL RESPONSE

(Larger Text Size)

1. Write rational response to automatic thought(s).
2. Rate belief in rational response. 0-100%

A) Terrible things don't always happen to me, although I sometimes think they do. That's an exaggeration of the facts. Accidents do happen during athletic events, no matter how skillful or in shape the participants happen to be. They can't always be predicted & prevented. (95%)

*B) I'm not totally dependent on my wife. I can still do lots of things on my own. She doesn't mind giving me a helping hand until I can get out of this cast. Why can't I just graciously accept it? The situation is only temporary & I can certainly stand it! This too will pass!
(97%)*

*C) Things can be a lot worse. I don't have a chronic or life threatening condition. I can certainly do a lot of pleasurable things, though I'm less mobile, slower, and more careful right now. I'm enjoying catching up on my reading. I'm also continuing to see & talk with friends & family. They don't think I'm worthless, & it doesn't help me to think that way. Self-pity will only get me depressed & miserable. Yes, life is a bit restricted regarding my physical activity right now but it's only inconvenient, not awful. I can get through this!
(94%)*