

Thought Record



Stressful and exciting events can create different thoughts and feelings. Think of some events that have happened in the past week, and write down how they made you feel and what went through your mind.

Event	Thoughts	Feelings	Thinking error <i>Guesswork, taking it personally, distortions, disqualification, oversimplifying</i>



Thought Record • Examples



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Event	Thoughts	Feelings	Thinking error <i>Guesswork, taking it personally, distortions, disqualification, oversimplifying</i>
Girlfriend did not return call	She must be mad at me. She doesn't want to talk to me.	Sadness	Guesswork – mind reading
	It's my fault for not returning her call right away last week.	Guilt	Taking it personally – not looking for other reasons
	I'm such a lousy friend.	Guilt	Oversimplifying – labeling myself
	This is the worst thing that has ever happened to me.	Grief	Distortion – magnifying the event

In this case, the person doesn't really know why the girlfriend did not return the phone call. Instead of trying to find out, it is easy to let your imagination fill in the blanks. In your mind, the situation can seem much worse than it is. The result is that you can feel terrible and begin to have symptoms of depression. Also, in this example, instead of feeling sad, the person might have felt angry. Anger can lead to irritability, sleep loss and the onset of manic symptoms.