Dysfunctional Thoughts Record Date

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Automatic Thoughts (what keeps	Emotions felt	Objective situation	Distortions	Review of evidence & alternatives	Emotions,
running through your head?)	(with 0-100	(What are the basic,	(give names,	(Is there good evidence supporting	after
	rating of	objective facts. No	from Burns or	your auto. thoughts? How else can	Reflection
	intensity)	interpretations)	Beck)	you explain the obj. situation?)	(w. 0-100)

Created by Jonathan Haidt, 2006, with the assistance of his Flourishing class of 2004. For more information see ch. 2 of The Happiness Hypothesis: Finding Modern Truth in Ancient Wisdom