

**Dysfunctional Thoughts Record**    Date \_\_\_\_\_

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