

### Thought Record Sheet - Depression

Situation	Unhelpful Thoughts / Images	<b>Feelings:</b> <ul style="list-style-type: none"> <li>• Emotion/s rate 0 – 100%</li> <li>• Physical sensations</li> </ul>	Alternative response / healthier more balanced perspective	<b>What I did / What helped?</b> <b>Action plan / Defusion technique</b> What's the best thing to do?	<b>Re-rate emotion</b> 0 – 100%
<p>What happened? Where? When? (Day &amp; time) Who with?</p>	<p>What went through my mind? What disturbed me? What did those thoughts/images/memories mean to me, or say about me or the situation? What am I responding to? What 'button' is this pressing for me? What would be the worst thing about that, or that could happen?</p>	<p>What emotion did I feel at that time? What else? How intense was it?</p> <p>What did I feel in my body?</p>	<p>Am I looking at things through those 'gloomy specs'? How would things look without those 'gloomy specs'?</p> <p>Am I filtering out and dismissing any alternative perspective?</p> <p>What would someone else say about this situation? Is there another way of seeing it? What's the bigger picture?</p> <p>What advice would I give someone else? Is my reaction in proportion to the actual event?</p> <p>Is this fact or opinion?</p>	<p>What could I do differently? What would be more effective?</p> <p>Do <u>something!</u></p> <p>What will be most helpful for me or the situation? What will the consequences be of doing or not doing....?</p>	<p>What am I feeling now? How intense is that feeling now?</p>