**3-COLUMN THOUGHT RECORD**

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| **DATE / TIME** | **SITUATION** | **AUTOMATIC THOUGHT(S)** | **EMOTIONS** |
|  | Describe what happened. What were you doing at the time?  What (if any) distressing physical sensations did you have? | What thought(s) went through your mind? | What emotions(s) (sad, anxious, angry, etc.) did you feel at the time?  How intense (0 – 100%) was the emotion? |
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Directions: When you notice your mood getting worse, ask yourself, **“What’s going through my mind right now?”** and as soon as possible jot down the thought(s) or mental image in the Automatic Thoughts column.