

Thought record:

Date / Time	Event or situation just before you felt the emotion	Emotion and Level (1-10)	Thinking-Beliefs and assumptions
9 Feb 7 am	1) Going in to work on Monday	Sad -7	"Here I go again, off to another day in hell!" "Wonder what brilliant idea the boss has for us this week!" "This job stinks-if I would have stayed in college, I wouldn't be in this dead-end job, and I'd have a real life" "I quit everything..."
10 Feb 3 Am	2) Woke up and can't get back to sleep, husband annoyed with me tossing and turning	Sad -5	"ARGH!! This will never end-I'm soooo tired, why can't I sleep?" "I'm being punished-what the hell did I do to deserve this" "Now my depression is making my husband not sleep well too, this is intolerable"
11 Feb 6 pm	3) Got home from work, house is messy and feeling exhausted...	Sad -7	"I hate this....I get home every day to a wreck..., nobody around here cleans anything!" I can't say anything or else I'll have to deal with a huge fight. I'll just have to live like this forever!