

5 Column Thought Record (Example-Depression)

Date / Time	Event or situation just before you felt the emotion	Distorted thinking-Beliefs and assumptions	Emotion and #	Corrective thinking-change the thinking to be realistic and helpful, take a different perspective, look for alternative explanations....
11 Jan 4pm	1) Wife comes home and says that she is tired of my "Laying around the house"	This stink! I'm tired all the time, and she doesn't even try to understand... There's nothing I can do to be less depressed. Now I have to get flack at home...I can't get a break anywhere. I can't stand this crap! People shouldn't have to live like this.	Depressed "6"	I'm not tired ALL the time...just a good part of it. I know I feel better when I do things even if I am tired. I can do some things to be less depressed... *Take my medication and get control of problems and stress Ok, I do get breaks at home, she is usually understanding...I can try to do more things around the house and with the family. I can stand hassles and stress...I've lived through plenty before this and always come out of it stronger; it just seems bad now because of the depression.
12 Jan 3pm	2) Best friend calls to cancel dinner plans because she has to work late.	She just doesn't want to hang around me,...who would? Now even my best friend is abandoning me Ill wind up alone and without a single person in my life	Depressed "8"	I don't know that she is avoiding me, there is no evidence for it-she and I hung out last weekend. Canceling dinner plans isn't abandoning me, it's just not having dinner. I'm making a negative prediction, just because someone cancels dinner plans, it doesn't mean that a person will be alone for all their life.