

5 Column Thought Record (Example- PTSD from combat)

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 3pm	Going to restaurant with my wife...	Hate that she drags me out-she knows I don't like going to restaurants... You can never get a good seat; all the seats along the wall are usually taken. If I can't watch the other people, there's no way I can enjoy a meal. I'll have to be looking over my back the whole damned time...I could get jumped-anybody could try to kill me or hurt my wife, you're just not safe...	Anxious "8"	There are a few dozen people in here with us, and no-one looks scared. I'm only on edge because of the crowd-triggering an alarm reaction.... Before I was injured, I ate in restaurants and chow halls without needing to look behind me, and never gave it a second thought. Wasn't I safe then? I used to sit anywhere I wanted, didn't feel like I had to be near walls-I was just as safe at Olive Garden then as I am now.... People could attack me, but I can't actually say I've ever been attacked in an Olive garden, or even ever heard of anyone being attacked in an Olive garden...it's just not likely.
12 Jan 3pm	Parking at a Wal-Mart, looking at the ground before getting out of the car	I have to check for wires and plates, if I don't, then I'll wind up getting hit... Complacency kills- once you stop checking for things, that's when you get screwed over... Even if it's unlikely, I should do it anyways, just to keep in the "Habit"	Anxious "5"	I'm at a Wal-Mart.... in Virginia! There haven't been any roadside bombs in the USA, it's really, really improbable I'd be the guy to get hit with one. There are 330 million Americans-I'd have a better chance of winning the lottery two times in a row. Checking makes me feel better, but it's unnecessary and keeps this fear around. I've gotten out of a car a lot and forgotten to check; nothing happened then, so checking really doesn't do anything. Once I head back over to theater-all my training will kick back in, I'll check everything I'm supposed to. I don't need the checking in Virginia parking lots...it's just illogical.