

5 Column Thought Record (Example-Insomnia)

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....
2 Apr 0315	1) Awake in the middle of the night	Not again! I am not going to be able to fall back to sleep Tomorrow is going to be awful!	Frustrated "10" Anxious "9" Afraid "8"	Some awakenings are part of the normal sleep cycle. If I become anxious, it is less likely I will be able to fall back to sleep. I can get up and read and I may start to feel sleepy again. I could be tired tomorrow, but I have tools to help manage being tired. Often, I function just fine if I did not sleep well the night before and because I'm so tired, I will likely sleep better the next night.
10 Apr 2330	2) Getting ready for bed, brushing teeth	I bet it's going to take me at least an hour to fall asleep tonight. I may as well get in bed now and get started Maybe if I just tried harder, I could sleep If I do actually fall asleep anyway, I'll just miss my alarm clock and then I'll be late.	Anxious "10" Angry "5"	It certainly could take me a long time to fall asleep. Some nights are better than others, but it still takes longer than I'd like. However, if I get in bed too early it won't suddenly make me sleepy and I'll just lay there in bed awake longer. I can't make sleep happen, so blaming myself for not trying hard enough will just make me feel more frustrated. Worrying about my alarm is not helpful for my sleep. I've never missed my alarm or been late yet, and even if I do, I have several hours to get to work after my alarm.