

Daily Dysfunctional Thought Record

<i>Date</i>	<i>Situation</i>	<i>Emotions</i> Severity (1-100%)	<i>Automatic Thoughts</i>	<i>Cognitive Distortion</i>	<i>Rational Responses</i>	<i>Outcome</i> Severity (1-100%)

Write down your automatic thoughts and rational responses, do not try to log them in your head. Writing them down increases your awareness and forces you to develop much more objectivity than you could achieve in your mind. Start for just 15 minutes daily for two weeks.