

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	<p>"Here I go again, off to another day in hell!"</p> <p>"Wonder what brilliant idea the boss has for us this week!"</p> <p>"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"</p> <p>"I quit everything..."</p>
10 Feb 3 Am	2) Woke up and can't get back to sleep, husband annoyed with me tossing and turning	Sad -5	<p>"ARGH!! This will never end-I'm soooo tired, why can't I sleep?"</p> <p>"I'm being punished-what the hell did I do to deserve this"</p> <p>"Now my depression is making my husband not sleep well too, this is intolerable"</p>
11 Feb 6 pm	3) Got home from work, house is messy and feeling exhausted...	Sad -7	<p>"I hate this....I get home every day to a wreck..., nobody around here cleans anything!"</p> <p>I can't say anything or else I'll have to deal with a huge fight.</p> <p>I'll just have to live like this forever!</p>