

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"	<p>This stink! I'm tired all the time, and she doesn't even try to understand...</p> <p>There's nothing I can do to be less depressed.</p> <p>Now I have to get flack at home...I can't get a break anywhere.</p> <p>I can't stand this crap! People shouldn't have to live like this.</p>	Depressed "6"	<p>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.</p> <p>I can do some things to be less depressed... *Take my medication and get control of problems and stress</p> <p>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.</p> <p>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.</p>
12 Jan 3pm	2) Best friend calls to cancel dinner plans because she has to work late.	<p>She just doesn't want to hang around me,...who would?</p> <p>Now even my best friend is abandoning me</p> <p>Ill wind up alone and without a single person in my life</p>	Depressed "8"	<p>I don't know that she is avoiding me, there is no evidence for it-she and I hung out last weekend.</p> <p>Canceling dinner plans isn't abandoning me, it's just not having dinner.</p> <p>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.</p>