

### 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	<p>Not again! I am not going to be able to fall back to sleep</p> <p>Tomorrow is going to be awful!</p>	<p>Frustrated "10"</p> <p>Anxious "9"</p> <p>Afraid "8"</p>	<p>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.</p> <p>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.</p>
10 Apr 2330	2) Getting ready for bed, brushing teeth	<p>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</p> <p>Maybe if I just tried harder, I could sleep</p> <p>If I do actually fall asleep anyway, I'll just miss my alarm clock and then I'll be late.</p>	<p>Anxious "10"</p> <p>Angry "5"</p>	<p>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.</p> <p>I can't make sleep happen, so blaming myself for not trying hard enough will just make me feel more frustrated.</p> <p>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.</p>