

Thought Record

Situation (Facts of situation)	Thoughts (Initial thoughts going through your head – any images)	Feelings and Intensity (Emotions on 1-10 scale)	Thought Fallacies (Find and label the distortion)	Reasonable Responses (Talk back! Challenge the distortion with a new reasonable response)

Thought Record

Types of Distorted Thinking

1. **All or Nothing Thinking:** You look at things in absolute, black and white categories
2. **Overgeneralization:** You view a negative event as a never-ending pattern of defeat by using words such as “always” or “never”.
3. **Mental Filter:** You dwell on the negative/hurtful aspects and ignore any positives.
4. **Discounting the positive:** You insist that your accomplishments or positive qualities don’t count.
5. **Jumping to Conclusion:** You conclude that things are bad without any definitive evidence.
 - a. *Mind Reading:* Without checking it out, you arbitrarily conclude that someone is reacting negatively to you.
 - b. *Fortune telling:* You predict that things will turn out badly.
6. **Magnification or minimization:** You exaggerate the importance of your problems and shortcomings, or you minimize the importance of your desirable qualities.
7. **Emotional Reasoning:** You reason fact from how you feel: “I feel angry” This proves I’m being treated unfairly. Or, “I feel guilty” – I must have done something wrong.
8. **“Should” Statements:** You criticize yourself or others with “should”, “shouldn’ts”, “musts”, “oughts”, and “have tos”.
9. **Labeling:** Instead of saying, “I made a mistake” or “she made a mistake” (talking about the action) you label yourself “I’m a loser” or “she’s a jerk”.
10. **Blame:** You blame yourself for something you weren’t entirely responsible for, or you blame other people for things they may not be totally responsible for.