

Body Dysmorphia Thought Record

Situation & Trigger	Emotion(s) Rate 0 – 10 Physical Symptoms?	Automatic Thoughts, Images, Doubts, and Worries	Alternative/Balanced Response	What did I do?	Result Re-rate your emotion
Describe What was going on, where you were, when did it happen, who you were with?	Describe what you felt at that time? How intense was the emotion?	Describe what you were thinking, what disturbed you, your thoughts and images at the time and what they mean to you. What was the worst thing about it?	Look at the bigger picture. Is there another perspective? What advice would you give to someone else in that situation?	Did you use a coping strategy? Did you carry out a preventative action plan?	Describe what helped or could have helped. What could you do differently? What would be more effective?