

Chronic Pain Thought Record

Trigger Situation	Emotion(s) (0 - 10)	Intensity of Pain (0 - 10)	Negative Thoughts/Images	Alternative Perspective	Result Re-rate your emotion(s) (0 - 10)
<p><i>Describe what was going on, where were you, when did it happen, who you were with?</i></p>	<p><i>Describe what you felt at that time</i></p> <p><i>How intense was the emotion?</i></p>	<p><i>Rate intensity of pain from 0 (no pain at all) to 10 (intense pain)</i></p>	<p><i>Describe what you were thinking or what bothered you.</i></p> <p><i>Describe what those thoughts mean to you and what they say about you or the situation.</i></p> <p><i>What is the worst that can happen?</i></p>	<p><i>Consider another perspective. Is this another perspective a fact or opinion?</i></p> <p><i>What would someone else say about this situation? What advice would you give to someone else in this situation?</i></p>	<p><i>What could say, imagine, or do differently to cope?</i></p> <p><i>Describe what helped or would have helped?</i></p>