

## Depression Thought Record Sheet

<b>Situation</b>	<b>Negative Thoughts / Images</b>	<b>Emotion(s)</b> Rate intensity (0 – 10)	<b>Alternative or balanced response</b>	<b>Actions: What did you do?</b>	<b>Re-rate your emotions</b> (0 – 10)
<p><i>Describe <b>What</b> was going on, <b>where</b> were you, <b>when</b> did it happen, <b>who</b> you were with.</i></p>	<p><i>Describe your thoughts. What bothered you? Describe what those thoughts mean to you and what they say about you or the situation. What is the worst that can happen?</i></p>	<p><b>Physical Symptoms?</b> <i>Describe what you felt at that time? What else? How intense was the emotion? Describe what your physical reactions.</i></p>	<p><i>Consider another perspective. What would someone else say about this situation? What advice would you give to someone else in this situation?</i></p>	<p><i>Did you use a coping strategy? What could you do differently? Consider what would be helpful and what consequences may arise.</i></p>	<p><i>Describe your feelings now. What was the level of intensity?</i></p>