

OCD / Perfectionism – Thought Record Sheet

Trigger Situation	Emotion(s) (0 – 10) Physical Symptoms	Automatic Thoughts, Images, Doubts or Worries	Alternative Response	What did I do?	Result Re-rate emotion
<i>Describe what, where, when it happened, and how it happened.</i>	<i>Describe what you felt at the time.</i>	<i>Describe what you were thinking or what bothered you.</i>	<i>Look at the bigger picture. Is there another perspective?</i> <i>What advice would you give to someone else on that situation?</i> <i>Is your reaction in proportion with the actual issue?</i>	<i>How did you cope? What strategies did you use?</i>	<i>Describe what helped or would have helped? What consequences did you consider?</i>