# Daily Record of Dysfunctional Thoughts

<table>
<thead>
<tr>
<th>Situation</th>
<th>Emotion(s)</th>
<th>Automatic Thought(s)</th>
<th>Rational Response</th>
<th>Outcome</th>
</tr>
</thead>
</table>
| Describe what led you experiencing an unpleasant emotion, whether it was:  
• An actual event  
• A stream of thoughts, a daydream, a memory, or an image | 1) Record whether you were feeling scared, angry, sad, etc  
2) Rate how strong the feeling was (0-100%) | 1) Record the automatic thought(s) that went through your mind just before the unpleasant emotion  
2) Rate how strongly you believe in the automatic thought (0-100%) | 1) Write a rational response to the automatic thought(s)  
2) Rate how strongly you believe in the rational response (0-100%) | 1) Re-rate how strongly you now believe in the automatic thought(s) (0-100%)  
2) Record your emotions linked to the automatic thought(s) (0-100%) |