

## ① STOP

What is going on right now?

## ② THINK

What am I feeling?

Rational ☐

What am I thinking? Negative ☐

Positive ☐

What do I really want?  
(No mixed messages)

What is the best thing to do?

Advantages



Disadvantages



Possible consequences...

Do I need advice/help?

## ③ BREATHE

### REFLECT AND EVALUATE

Things that I'm doing differently

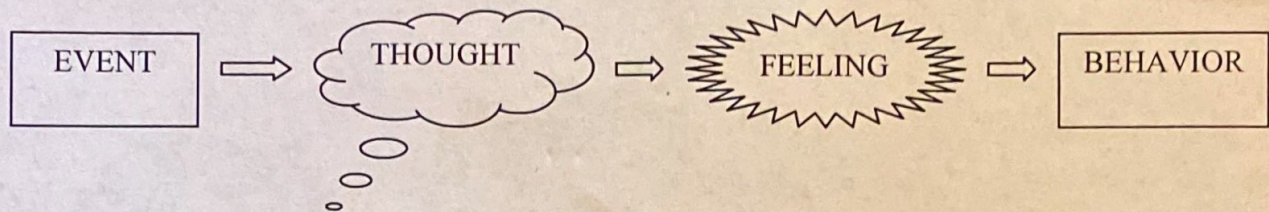
Results / Lessons learned



## Daily Record of Dysfunctional Thoughts

<b>Situation</b> Describe what led to you experiencing an unpleasant emotion, whether it was: • An actual event • A stream of thoughts, a daydream, a memory, or an image	<b>Emotion(s)</b> 1) Record whether you were feeling scared, angry, sad, etc 2) Rate how strong the feeling was (0-100%)	<b>Automatic Thought(s)</b> 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%)	<b>Rational Response</b> 1) Write a rational response to the automatic thought(s) 2) Rate how strongly you believe in the rational response (0-100%)	<b>Outcome</b> 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%)





### IDENTIFY YOUR THOUGHTS

1. What situation am I in? (Event)	3. What emotion(s) am I feeling? (Rate intensity 0-100%) (Feeling)
2. What am I thinking? What am I expecting will happen? How am I criticizing myself? How am I putting myself down? What conclusions am I making? (Thought)	4. How much do I believe this attitude/thought?

### CHALLENGE YOUR THOUGHTS

1. What is the evidence <u>for</u> my thought?	2. What is the evidence <u>against</u> my thought?
3. If I am expecting something to happen, how likely is it that it will actually happen (0-100%)	
4. What are the advantages of having this thought?	5. What are the disadvantages of having this thought?
6. What neutral and positive things in me or the situation might I not be seeing?	
7. If I were talking to a friend who had this thoughts, what would I say to them?	
8. How else could I view this situation?	

### DEVELOP BALANCED AND HELPFUL THOUGHTS

1. What is a more balanced and helpful attitude or thought?	
2. How much do I believe my original thought now (0-100%)	3. How intense are my original emotions now (0-100%)?