Therapy Care
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Thought distortion record

Situation What was going on? Where, when, and who was there?	**Automatic thought** What popped into your head? Words, pictures or memories.	**Emotions and body sensations** What did you notice, and how strong was it, from 0 to 100%?	**Unhelpful thinking style** Tick any that your thought fits.
	For a picture or a memory: what did it say to you?		☐ **All-or-nothing thinking** It's perfect or a failure, nothing in between. ☐ **Catastrophising** Expecting the worst to happen. ☐ **Overgeneralising** It went wrong once, so it always will. ☐ **Mental filter** Noticing the bad bits and missing the rest. ☐ **Disqualifying the positive** Waving the good things away as luck. ☐ **Jumping to conclusions** Guessing what others think, or what's to come. ☐ **Minimising** Playing something down, as if it hardly counts. ☐ **Emotional reasoning** I feel it so strongly that it has to be so. ☐ **Demands** Strict rules: should, must, have to. ☐ **Labelling** Turning one moment into a name: "I'm useless". ☐ **Personalising** Taking all of the blame, or none of it. ☐ **Low frustration tolerance** Telling yourself you won't be able to bear it.