

# THOUGHT RECORD

	AUTOMATIC/REACTIVE		REFLECTIVE		OUTCOME
SITUATION	THOUGHTS	FEELINGS	COGNITIVE DISORTIONS	RATIONAL THOUGHTS	FEELINGS
	EMOT. INTENSITY of THOUGHTS 0 - 100 (NONE) (MAXIMUM)	INTENSITY 0 - 100 (NONE) (MAXIMUM)		% BELIEF in THOUGHTS 0 - 100 (NONE) (MAXIMUM)	INTENSITY 0 - 100 (NONE) (MAX)
		Old Behaviors			
	Beliefs & Implied Thoughts				
				New Behaviors:	