

Example of a Completed Thought Record (Example situation from video):

My Thought Record

| Situation: <i>Mom started pacing the living room. It bothered me and I tried to make her sit down. She made me back off.</i> | | | | |
|---|--|---|---|---|
| 1. Current Thoughts | 2. Feelings | 3. Challenge the thought | 4. Replacement: <i>What is a more creative or assertive way of thinking?</i> | 5. Future Actions: <i>How I will react differently next time?</i> |
| <p><i>Here she goes again - This happens all the time</i></p> <p><i>I never know what to do when this happens</i></p> <p><i>I just can't seem to do anything to calm her down.</i></p> <p><i>I can't take care of her anymore. I'm a failure.</i></p> | <p><i>Hopeless</i></p> <p><i>Frustrated</i></p> <p><i>Sad this is happening</i></p> <p><i>Anxious about the future</i></p> | <p><i>It's not completely true that I never know what to do in this situation. I've been able to handle this quite well in the past.</i></p> <p><i>Obviously, it's not true that I can't take care of her because I am.</i></p> <p><i>Am I a failure? No. I'm getting a lot done and managing my job too!</i></p> | <p><i>I care about her. I'm doing a pretty good job.</i></p> <p><i>It's understandable to be upset about what just happened, but that doesn't mean I'm a failure.</i></p> | <p><i>Distract her.</i></p> <p><i>If that doesn't work, we could go outside and do something fun to calm her down, like looking at the flowers in the garden.</i></p> |