

**Record of Negative Emotions/Thoughts**

Situation	Negative Emotions	Negative Thoughts	Challenges	Outcome
Describe what you were doing when you had the unpleasant emotion.	<ul style="list-style-type: none"><li>Identify emotions - sad, angry, anxious, etc.</li><li>Rate strength of emotion (0-100)</li></ul>	<ul style="list-style-type: none"><li>Note thoughts you had at the same time as negative emotions.</li><li>Rate how strongly you believed the thought at the time (0-100)</li></ul>	<ul style="list-style-type: none"><li>Write challenges to negative thoughts.</li><li>Rate how strongly you currently believe the challenge (0-100)</li></ul>	<ul style="list-style-type: none"><li>Re-rate negative thoughts (0-100)</li><li>Re-rate emotions (0-100)</li></ul>

<b>Situation</b>  Describe what you were doing when you had the unpleasant emotion.	<b>Negative Emotions</b> <ul style="list-style-type: none"><li>• Identify emotions - sad, angry, anxious, etc.</li><li>• Rate strength of emotion (0-100)</li></ul>	<b>Negative Thoughts</b> <ul style="list-style-type: none"><li>• Note thoughts you had at the same time as negative emotions.</li><li>• Rate how strongly you believed the thought at the time (0-100)</li></ul>	<b>Challenges</b> <ul style="list-style-type: none"><li>• Write challenges to negative thoughts.</li><li>• Rate how strongly you currently believe the challenge (0-100)</li></ul>	<b>Outcome</b> <ul style="list-style-type: none"><li>• Re-rate negative thoughts (0-100)</li><li>• Re-rate emotions (0-100)</li></ul>

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