

Playing With Your Mind: Dysfunctional Thought Record

Step One: Write down the feelings that you would like to experience now. Use the list of feelings for help with this.

Step Two: Write down what you would rather be doing now. Use the list of pleasurable activities for help with this.

Step Three: Write down how you are actually feeling now. Use the list of feelings for help.

Step Four: Write down any physical sensations that you are experiencing now. Use the body awareness sheet for help with this.

Step Five: Write down a stream of consciousness about why you feel the way that you do. Write for as long or short as you wish.

Step Six: Write down any of the thinking distortions that you may be applying in your bad mood or anxiety. Use the list of thinking distortions with this.

Step Seven: Give yourself permission to feel the way that you want to. If something needs to be done (from Step Five), then either do it or make a note of what it is so that you can take care of it later.

Step Eight: Give yourself permission to do whatever you want to do.

Step 1: Feelings that you would like to experience now.	
Step 2: What you would rather be doing now.	
Step 3: What you actually feeling NOW.	
Step 4: Physical sensations.	
Step 5: Stream of consciousness.	
Step 6: Relevant thinking distortions.	