

Obsessions & Compulsions - Thought Record Sheet

Situation & Trigger	Emotion/s Rate 0 – 100% Physical Sensations?	Initial thought, image, doubt, feeling, worry Meaning of the initial thought or image. What might happen?	Alternative response What would be a healthier more balanced perspective?	What did I do? How long for? How many times?	What's the outcome? What could I do or have done instead? Defusion technique? What's the best response? Re-rate Emotion
What happened? Where? When? Who with? How? What did I notice? What did I react to?	What emotion did I feel at that time? What else? How intense was it? What did I feel in my body?	What went through my mind? What disturbed me? What did it <u>mean</u> that I had that thought or image? What am I responding to? What's the worst that could happen? What's the worst thing about that?	STOPPP! Take a breath.... Am I assuming I will be responsible for this worst possible event? What would someone else say about this situation? What's the bigger picture? Is there another way of seeing it? What advice would I give someone else? Is my reaction in proportion to the actual event?	What did I feel like doing but didn't? What did I do instead?	What helped or would have been helpful? What could I do differently? What would be more effective? Act wisely. Consider my goals. What will be most helpful for me or the situation? What will the consequences be?