

Thought Record Sheet - PTSD

Situation Trigger	Emotions / Moods rate 0 – 100%	Physical sensations	Unhelpful Thoughts and Images	Alternative response / healthier more balanced perspective	What I did / What I could do / Action plan / Defusion technique / What's the best response? Re-rate Emotion 0-100%
<p><i>What happened? Where? When? Who with? How?</i></p> <p><i>What did I react to?(something I saw, heard, smelt, felt...)</i></p>	<p><i>What emotion did I feel at that time? What else? How intense was it?</i></p>	<p><i>What did I notice in my body? Where did I feel it?</i></p>	<p><i>What went through my mind? What disturbed me? What did those thoughts/images/memories mean to me, or say about me or the situation? What am I responding to? What 'button' is this pressing for me? What would be the worst thing about that, or that could happen?</i></p>	<p><i>STOPP! Take a breath....</i></p> <p><i>Am I in danger NOW, or is it that I believe I'm in danger now because of my past trauma? What's REALLY happening now? How would someone else see this situation? What's the bigger picture? What advice would I give someone else? Is my reaction in proportion to the actual event?</i></p>	<p><i>What could I do differently? What would be more effective?</i></p> <p><i>Do what works! Act wisely. What will be most helpful for me or the situation? What will the consequences be?</i></p>