

## How to Use the Thought Record

Thought records help to: identify distorted or limiting thoughts related to sleep or any other situation that is bothering you; challenge these thoughts; replace them with more realistic or helpful thoughts.

### Instructions:

1. Identify a specific situation that bothered you and describe it in column A (*Situation*).
2. Pinpoint the automatic thought(s) tied to this situation:
  - If needed, use the key questions provided (*Questions to ask oneself to become familiar with columns A, B<sub>1</sub> and C<sub>1</sub>*);
  - Write down the thought(s) in column B<sub>1</sub> (*Automatic thought(s)*) and indicate the degree to which you believed it (from 0 to 100%).
3. Identify the emotion felt in this situation and write it down in column C<sub>1</sub> (*Emotion(s)*). Don't forget to rate its intensity (0 to 100%).
4. For the first week using the Thought Record, just use the first three columns (A, B<sub>1</sub> and C<sub>1</sub>).
5. Once you are more comfortable identifying your automatic thoughts, you can use columns B<sub>2</sub> and C<sub>2</sub> to challenge them:
  - If needed, use the key questions on the last page of the Thought Record document to help you generate alternative thoughts which are more realistic and helpful (*Questions to ask oneself to deconstruct limiting beliefs with the help of columns B<sub>2</sub> and C<sub>2</sub>*);
  - Write down your new thought(s) in column B<sub>2</sub> (*Alternative Thought(s)*) and indicate to what degree you believe it/them (from 0 to 100%);
  - In column C<sub>2</sub> (*Emotion*) write the emotion tied to this alternative thought and rate its intensity (from 0 to 100%).