

### Obsessions & Compulsions - Thought Record Sheet

<b>Situation &amp; Trigger</b>	<b>Emotion/s</b> Rate 0 – 100%  <b>Physical Sensations?</b>	<b>Initial thought, image, doubt, feeling, worry</b>  <b>Meaning of the initial thought or image.</b>  What might happen?	<b>Alternative response</b>  What would be a healthier more balanced perspective?	<b>What did I do?</b>  How long for?  How many times?	<b>What's the outcome?</b>  <b>What could I do or have done instead?</b> Defusion technique? What's the best response? <b>Re-rate Emotion</b>
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?	STOPP! Take a breath.... Is this fact or opinion? 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?