

OCD / Perfectionism - Thought Record Sheet

Situation & Trigger	Emotion/s Rate 0 – 100% Physical sensations?	What did I think? Initial thought, image, doubt or feeling What did that mean...?	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 went through my mind? What disturbed me? What did it <u>mean</u> that I had that thought or image? What does it say about me or the situation? What's the worst thing about that?	STOPP! Take a breath.... Is this fact or opinion? What would someone else say about this situation? What's the bigger picture? Is there another way of seeing it? What's the helicopter view? What advice would I give someone else? Is my reaction in proportion to the actual event? Am I doing that black-and-white thinking habit again? How high have I set that bar? Is this serving my goal? Could I lower that bar a little? Consider the consequences.	Did I put it aside? How long for? If I returned to it later – What did I do? How long for? How many times? 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. What would be most helpful for me or the situation? What would the consequences be?