CBT-MusicF Thought Record

Situation & Song	Song Description/ Cognitive Appraisal	Negative automatic thought	Feelings (Rate 0-100%)	Behaviour	Physiology

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Where were you? What were you doing? what song did you hear?	What did this song mean to you? What were the themes?	What thoughts were going through your mind? What memories of images were in your mind?	Emotions can be described with one word e.g. angry, sad, scared Rate 0-100%	what did you do straight during the song? Comment on body language, engagement with others and any movement,	What did you notice in your body? Comment on heart rate, breathing and changes in body temperature.

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