

THOUGHT RECORD

EVENT

I came home to find the garage door was open all day while I was at work

THOUGHT

"How stupid can I be?"; "I'm so lazy and careless"; "I don't know how anyone puts up with me"

FEELING/BEHAVIOR

I feel sad, anxious, low self-worth; obsess over other mistakes; isolate from partner/family

COUNTERTHOUGHT

"I'm grateful I still have stuff/a home"; "I can't be the only one who's ever made this mistake"; "I should develop a system or have my partner help with this"