

**FORM-1**  
**ASFAQ HUSSAIN COUNSELING SERVICE**  
**THOUGHT RECORD SHEET**

SITUATION / TRIGGER	DISTURBING THOUGHTS / IMAGES	FEELING/ EMOTION / BODY- SENSATION ( RATE EACH ON 0 TO 100 SCALE)	EVIDENCE THAT SUPPORTS THE YOUR THOUGHT / IMAGES	EVIDENCE THAT DOES NOT SUPPORT YOUR THOUGHT / IMAGES	ALTERNATIVE MORE REALISTIC AND BALANCED THOUGHTS / IMAGES	FEELING / EMOTION / BODY- SENSATION ( RATE EACH ON 0 TO 100 SCALE)

<i>HINT</i>	<i>HINT</i>	<i>HINT</i>	<i>HINT</i>	<i>HINT</i>	<i>HINT</i>	<i>HINT</i>
<p><i>What happened? Where? When? Who with? How?</i></p>	<p><i>What went through my mind? What disturbed me? What did those thoughts/images/memories mean to me, or say about me or the situation? What am I responding to? What 'button' is this pressing for me? What would be the worst thing about that, or that could Happen?</i></p>	<p><i>What emotion did I Feel at that time? What else? How intense was it? What did I notice in my body? Where did I feel it?</i></p>	<p><i>What are the Evidences? What evidence do I have that the Disturbing thought/s are totally true?</i></p>	<p><i>What evidence do I have that the unhelpful thought/s are NOT totally true? Is it possible that this is opinion, rather than fact? What have others said about this?</i></p>	<p><i>STOPP! Take a breath....  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? Is this really as important as it seems?</i></p>	<p><i>What am I feeling Now? (0-100%) What could I do Differently? What would be more Effective? Do what works! Act Wisely. What will be most helpful for me or the Situation? What will the Consequences be?</i></p>

**Rating Scale**

0      10      20      30      40      50      60      70      80      90      100  
 No or minimal disturbance      Moderate      Severe disturbance      Worst ever

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