Thought Catcher

Situation	Feelings: List them Rate them 0-100	Automatic Thoughts	Evaluate the Thoughts	Alternative Thoughts or Adaptive Response	Rate Feelings Now
Date: Friday Time: Night Place: Home What happened: Home alone and nobody called	Hurt 80 Sad 90 Lonely 70	What was going through my mind just then? Friend didn't call. ↓ Friend doesn't like me. ↓ Nobody likes me. ↓ Nobody will ever like me. ↓ ↓ I'm worthless. I'm unlovable. Drill down questions: "If that were really true, what about it would bother me? What would it mean to me?"	Traps: Overgeneralization Black and white thinking Proof for: Friend didn't call. I have failed at… People who don't live up to my expectations of caring… Proof against: I have succeeded at… These people have done caring things for me in the past year…	I could have thought... She's home lonely, too. She's tired of my being not interested in doing things since I got depressed. She likes me but is busy tonight. I could have done... Called her. Called another friend. Rented a movie. Gone out.	Hurt 40 Sad 50 Lonely 70

Dr. R. Stevens, Psychologist