TBCT Intrapersonal Thought Record (IntraTR)

Situation
1. What is happening?

Automatic thought (AT)
2a. What is going through my mind?
2b. I believe this _____ %

Emotion
3a. What emotion do I feel?
3b. How strong is it? _____ %

Behavior and physical response
4a. What do I do?
4b. What do I notice in my body?

5. Pros of the behavior: __________________________________________________________
6. Cons of the behavior: __________________________________________________________

7. What cognitive distortion does this AT seem to be? _________________________________
8. Is there evidence that supports the AT? __________________________________________
9. Is there evidence that does NOT support the AT? ________________________________

Conclusion
10a. The above evidence makes me conclude that:
Therefore:
10b. I believe this _____ %

Emotion
11a. What emotions do I feel now?
Positive:
Negative*: %
11b. How strong are they?
Positive: %
Negative*: %

Behavior and physical response
12a. What do I intend to do?**
12b. What do I notice in my body now?

13. How much do I believe the AT now? _____ %
14. How am I now?
   • The same: □
   • A little better: □
   • Much better: □

*The negative emotion elicited by the AT is reassessed here.
**An action plan (Session 4) might help perform this intention.

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