

# 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.