

Thought Record Sheet - Anorexia

Situation	Emotions / Moods (rate 0 – 100%)	Physical sensations	Unhelpful Thoughts / Images	Alternative / realistic thought More balanced perspective	What I did / What I could do / Defusion technique / What's the best response? Re-rate Emotion 0-100%
<p><i>What happened? Where? When? Who with? How?</i></p>	<p><i>What emotion did I feel at that time? What else? How intense was it?</i></p>	<p><i>What did I notice in my body? Where did I feel it?</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>STOPP! Take a breath....</i></p> <p><i>Is my reaction in proportion to the actual event? Am I under-estimating my ability to cope? Am I mind-reading what others might be thinking? Am I doing that "compare & despair" thing? Am I misinterpreting that bloated feeling as "fatness"? Am I putting more pressure on myself? What would be more realistic? 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?</i></p>	<p><i>What will the consequences be of doing what I usually do? Is there another way of dealing with this? What could I do differently? What would be more effective?</i></p> <p><i>Do what works! Act wisely. What will be most helpful for me or the situation?</i></p>