

DYSFUNCTIONAL THOUGHT/BEHAVIOR RECORD

(See [How To Use \(And Copy\) This Google Doc When You've Been Linked To It.](#))

(Read [Reconstructing Your Beliefs System Step By Step - Finishing The Job For Happiness.](#)

Correcting your belief system until it is highly healthy is an essential step in life - and it should be done as early as possible in life and as soon as possible from the time you read this. The result will be that you will be greatly happy in life, no matter what! (See [Dealing With And Changing Beliefs - Very Doable And Very, Very, Very Worthwhile!](#))

This should be used, preferably, each time the undesired result happens, and dealt with until completely resolved! At least do it every day for a month (or a period that you decide on).

Fill this form in for every “bad” feeling or bad result you get. And print and store it in a book OR, preferably or also, put this in a “journal” in one computer file (document), in reverse chronological order (add the latest on top). The latter provides easy way to search if needed (for further refining by self or with a counselor).

You can just copy this file you are in right now and then just keep an unused (master) copy on the top. ([How To Copy Forms Into Or For Journals/Records.](#))

To help you in this process, see the discussions and examples of how this is done (some in different formats) until you get the idea of what to do. See [Beliefs And Thoughts Contents, Links](#) page, right hand column.

OTHER FORMS AND FORMATS

Some people may want to access the simpler forms or the more complex or detailed forms, but most people will do just fine with this master form. See [Beliefs Processing Forms.](#)

This form, or other similar forms, can also be used in conjunction with journals and such that have a more comprehensive span of items they address. A prime example is [The Life Improvement Journal.](#)

EVENTUALLY, IT ALL FORMS INTO A PHILOSOPHY OF LIFE

At some point (you could start now and then modify), all of this will help you complete your philosophy of life, as a guiding tool and a clarity of thinking tool. It is “not smart” not to have a clear, well-formed, soundly based written philosophy of life. Clear?

See [Establishing Your Philosophy Of Life For Happiness And Greater Life Effectiveness](#).

MASTER FORM - DO NOT USE THIS COPY - Copy it and put copies below it.

DYSFUNCTIONAL THOUGHT/BEHAVIOR RECORD

Date: Time:

SITUATION, BEHAVIOR, OCCURRENCE

Event, stream of thoughts, daydreams, or recollections leading to an unpleasant emotion, or distressing physical sensations. What was going on that preceded the thought (if you can identify anything)? ([What Happened](#))

THOUGHT/BELIEF (Number each item as they will be addressed by the number, below)

Rate belief in your “automatic” thought 0-100%, now, and then insert “later” with a new rating..

EMOTION(S)

Specify sad, angry, anxious, etc. Rate degree of emotion/intensity 0-100%, now, then after revision..

Reference: [Emotions list](#)

DISTORTION

___ A. All-or-nothing thinking, ___ B. Overgeneralization, ___ C. Mental filter, ___ D. Disqualifying the positive,
___ E. Jumping to conclusions, ___ F. Magnification or minimization, ___ G. Emotional reasoning,
___ H. “Should” statements ___ I. Labelling and misleading ___ J. Personalization

Reference: [Wrong Thinking And Cognitive Distortions](#).

ALTERNATIVE THOUGHT (By no., from above)

What would be more rational, kinder, more realistic, caring...Examples of restatements are in [Beliefs And Thoughts Contents. Links](#), right column.

OUTCOME (Any outcome, less intensity of emotion, relief, etc.)

Change in the intensity of the emotion: Rate now from 0-100% (Put this in emotions box, or list the emotion in this box, so you can see the difference side by side in the emotion.

Change in the degree of believing the belief: Rate now from 0-100% (Put this in the thought belief box, next to the initial rating

ACTIONS/FOLLOWUP

Decide what to study/learn and schedule it in

Install (repeating affirmations, etc.)

Review this until “installed”, tickled every ___ days in my calendar/alarm system
