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**Thought Record**

| <b>Situation</b><br>Who? Where? When? What happened? | <b>Feeling</b><br>One word summary | <b>Rate Feeling</b><br>(0-10) | <b>Automatic Thoughts</b><br>(% buy-in)                   | <b>Cognitive Distortion</b> | <b>Alternate Thoughts</b><br>(% buy-in)                               | <b>Re-rate feeling</b><br>(0-10) |
|--|------------------------------------|-------------------------------|---|-----------------------------|---|----------------------------------|
| Wife goes to bed early and doesn't say good night    | Alone                              | 7                             | I can tell she is mad at me about something.<br><br>(85%) | Mind-Reading                | Maybe she's tired.<br>Maybe she didn't want to interrupt me.<br>(15%) | 5                                |
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