

# Thought Catcher

<b>Situation</b>	<b>Feelings: List them Rate them 0-100</b>	<b>Automatic Thoughts</b>	<b>Evaluate the Thoughts</b>	<b>Alternative Thoughts or Adaptive Response</b>	<b>Rate Feelings Now</b>
<p>Date: Saturday</p> <p>Time: Morning</p> <p>Place: Home in bed</p> <p>What happened: Felt low energy and no motivation when I woke up</p>	<p>Sad 70</p> <p>Hopeless 90</p> <p>Frustrated 80</p>	<p>What was going through my mind just then?</p> <p>This shouldn't be happening. I should want to get up.</p> <p style="text-align: center;">↓</p> <p>This is horrible, terrible, awful.</p> <p style="text-align: center;">↓</p> <p>I can't stand it.</p> <p style="text-align: center;">↓</p> <p>I'll never get well.</p> <p style="text-align: center;">↓</p> <p>I'm a failure.</p> <p><small>Drill down questions: "If that were really true, what about it would bother me? What would it mean to me?"</small></p>	<p>Traps:</p> <p>I should Catastrophizing</p> <p>Proof for: It feels like when I first started to get depressed Low energy is one of the symptoms of depression</p> <p>Proof against:: I have felt this way on weekends long before I was ever depressed</p>	<p>I could have thought...</p> <p>This reminds me of being depressed but it's not necessarily the same.</p> <p>Lots of people feel lazy on a weekend morning.</p> <p>This may be one of the ups and downs of the normal depression recovery curve.</p> <p>I could have done...</p> <p>Roll over and enjoy another hour. Have breakfast in bed. Practice acceptance</p>	<p>Sad 70</p> <p>Hopeless 60</p> <p>Frustrated 60</p>