

Home Practice: The 6-Column Thought Record

<p style="text-align: center;">SITUATION Antecedents (A)</p> <p>Describe the events that led to your unpleasant feelings.</p>	<p style="text-align: center;">CURRENT THOUGHTS Beliefs (B)</p> <p>Identify your thoughts in the situation.</p>	<p style="text-align: center;">FEELINGS Consequences (C)</p> <p>What are you feeling (sad, angry, anxious, etc)?</p>	<p style="text-align: center;">CHALLENGE & REPLACE Debate (D)</p> <p>What is a more helpful way of thinking about the situation?</p>	<p style="text-align: center;">NEW FEELINGS Emotion Change (E)</p> <p>What are you feeling now (sad, angry, anxious, etc)?</p>	<p style="text-align: center;">BEHAVIORAL CHANGE Functional Impact (F)</p> <p>How I'll behave differently now that my thoughts are more adaptive.</p>