

<i>Situation (date, time, event)</i>	<i>Automatic Thoughts</i>	<i>Emotions (list type and rate intensity 0-100)</i>	<i>Behaviors or Action Tendencies</i>	<i>Alternative Thoughts</i>	<i>Consequences</i>
(10/9/2011 2:00pm) The Interstate was back up and I was going to be late for class.	Damn people can't drive.	Aggravated 95	Get angry and breathing really hard. Get really close to the vehicle in front of me (Tailgating)	Good thing I left early and planned for this type of delay.	Calmed down and made a few phone calls just in case I didn't make it on time. Won't be as stressed out upon arriving at the school.
(10/11/2011 6:00pm) My daughter was not paying attention during homework time and not learning the material.	This is just too much. I can't handle this.	Frustrated 50	Leave the room and allow her to work on her own. Hold her responsible for completing the assignment.	I feel the same way when doing my school work, I can't stay focused either.	Take a short break and go outside and get some fresh air. Set the clock for 10 minutes of break time for every 20 minutes of homework time. This will keep us both from losing focus and from becoming upset with each other.
(10/14/2011 7:00pm) Got called into work to cover a twelve hour shift.	Lazy people can't cover their own schedules, tired of carrying everyone's weight at work.	Disgruntled 75	Go to work with a bad attitude and usually write a lot of tickets or make a lot of arrest so others will have a bad day also.	I need the money glad I got the extra hours and I'll have time to work on my school work while there.	Not as mad that I had to work. Lowered my stress level. Went to work and finished more school work than I would have staying at the house.

Dodson Adapted Thought Record, with additional columns for alternative thoughts and consequences.