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WEEKLY RECORD OF THOUGHTS, FEELINGS AND BEHAVIORS

Problematic Situation: Any Activating Event (on-going or anticipated) leading to upsetting or dysfunctional thoughts, feelings and behaviors.

Dysfunctional Reactions			Functional Reactions		
Self-defeating or self-sabotaging thoughts (iBs) ¹	Self-defeating or self-sabotaging emotions ²	Self-defeating or self-sabotaging behaviors ³	Empirical ⁴ , Pragmatic ⁵ , or Philosophical Disputes ⁶	Improved emotional response(s)	More effective and adaptive behaviors

¹ Look for demands, low frustration tolerance, global rating of self and others, and/or awfulizing, etc.

² Look for depression, anxiety, rage, or self-righteous anger

³ Look for procrastination, self-medication (mis-use of drugs/alcohol, food, sex, money)

⁴ Where is my proof or evidence that my belief is true? Does the evidence contradict my belief? (Is rejection really intolerable? If it were then there would be no one left alive after being rejected.)

⁵ How is this belief or behavior helping me achieve my goals?

⁶ Even if things are as bad as I think they might be - couldn't I still have some happiness, success, or contentment in life? Isn't some better than none?