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Thought Record

The reason you use a Thought Record is to help you notice thoughts and beliefs that may make it harder for you to sleep. You will begin to learn how to identify and then change any thoughts or beliefs that make it hard for you to fall asleep or stay asleep. You learn this by writing down your thoughts and then coming up with other thoughts (or things you can say to yourself) to change that thought. Below is an example of how to fill out your Thought Record. It is important that you fill your Thought Record out every day. If you don't practice this skill during the day, it will be of no use to you at night!

Situation (date/time)	Automatic thoughts (what were you thinking?)	Feelings (rate intensity of each one from 0%–100%)	Other thoughts/ helpful coping statements	Feelings (rate intensity of each one from 0%–100%)
3/29, 1:30 p.m. sitting in class feeling tired	I'm never going to get through today I'm going to fail this class	Upset (100%) Worried (80%) Tired (100%)	I may not feel good, but somehow I always make it through the day. I've had insomnia for 2 years and have not gotten below a *B*	Upset (60%) Worried (20%) Tired (70%)
3/30, 2:00 a.m. lying in bed	I only have 4 hours before I have to get up; tomorrow will be miserable	Annoyed (100%) Upset (80%)	Even though I don't have much time to sleep, I always do okay. I don't even have to look at the clock. The last time I stayed awake this long, I still did fine the next day.	Annoyed (50%) Upset (60%)

At first, it may feel strange to notice your thoughts and how they make you feel, but our body reacts to how we are feeling. When you are trying to fall asleep (or go back to sleep), if you have thoughts that make you stressed or worried, your body will not relax like it needs to do to fall asleep. Practicing with a Thought Record during the day will help teach you to identify and change thoughts that are making it hard for you to sleep.

Situation (date/time)	Automatic thoughts (what were you thinking?)	Feelings (rate intensity of each one from 0%–100%)	Other thoughts/helpful coping statements	Feelings (rate intensity of each one from 0%–100%)

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