



## Daily Thought Record

When unpleasant events happen our automatic thoughts fill our mind. In the traumatic event our thoughts actually „kidnap“ our mind and restructure our whole mental course. Experienced and survived trauma leaves profound consequences in our memory and concentration abilities. When unpleasant events happen our automatic thoughts fill our mind. In the traumatic event our thoughts actually „kidnap“ our mind and restructure our whole mental course. Experienced and survived trauma leaves profound consequences in our memory and concentration abilities.

Module	Submodules	Group size	Duration
• Awareness	• Concentration and Memory	• Individual • Small group	• 60 - 90 min

### Keywords

concentration, memory work

### Aims

The activity encourages recognition of automatic thoughts patterns and by focusing attention increases the capacity for concentration.

### Participants

It is advisable to carry out an exercise individually, but there are no restrictions on its use even in a group work.

### Description

#### Step 1: The Facts

Briefly describe an upsetting event from the past, present or even future. Correlate with the feelings (e.g. sad, frustrated, guilty, etc.) and rate the intensity of the feelings (in the scale from 1 to 10. Let 10 = extremely unpleasant). Getting in touch with such feelings can stop them to control over us.

#### Step 2: Analyze the Thoughts

In the first column name your automatic thoughts. Then rate how much you believe each of them. In the second column identify the distortions. And in the third column try to respond or talk back to each automatic thought (follow the template you find in the handouts of this activity).

#### Step 3: Results

Go back to the »Initial Responses« column and again rate your automatic thoughts. Then at the top of »Facts« section rate the intensity of emotions again. Even a slight drop in your upset feelings is important. With this process probably upsetting events will be still upsetting, but not as disturbing as

before.

## Material

paper and pen, handout template

## Method

self-learning, self-awareness technique, self-analysis

## Advice for Facilitators

If the activity is conducted in a group, the he trainer should be skilled in group dynamics and have enough experiences to know how to enhance group cohesion and participants' interactions.

## Source (APA)

Adapted from: Schiraldi, R.G. 2016. *The PTSD Sourcebook*. New Your, NY : McGraw Hill Education.

## Handouts

You may download the handout from [here](#).

## Contributor

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