

# **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	<ul><li>Individual</li><li>Small group</li></ul>	• 60 - 90 min

# **Keywords**

concentration, memory work

#### **Aims**

The activity encourages recognition of automatic thoughs 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 it's use even in a group work.

## **Description**

#### **Step 1: The Facts**

Briefly describe an upseting event from the past, presen tor 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 be 10 – extremly unpleasant). Getting in touch with such feelings can stop them to control over us.

### **Step 2: Analyze the Thoughts**

Int he first column name your outomatic 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 outomatic 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 processprobably 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 donwload the handout from here.

#### Contributor

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