



Be Pain Smart – Depression

My thought record

Here are the steps to filling in your thought record.

Step 1.

The situation – start by filling out the details of the situation, write down what happened, when it was, where you were, and who was with you.

Step 2.

Thoughts – this is where you can write down what you were thinking during the situation. Try to remember what was going through your mind at the time, to get down to some of your deeper beliefs. Also try to think about what it would mean about you if the thoughts were true.

Step 3.

Emotions – write down the emotions you were feeling at the time. Rate how intense your feeling was out of 10, with 0 being very low and 10 being very high.

Feelings in your body – also write down what you felt in your body and where you felt it.

Step 4.

Behaviours – this is the place to put what you did or did not do during the situation. Think about what your actions were, write down what others would have seen if they were watching you.



Be Pain Smart – Depression

Have a look at the example below from Paul. He was getting ready to go out with old friends when he started to feel anxious.

Situation
What? When? Where? Who?

*Getting dressed to go out on Tuesday night to meet old friends for dinner at a local restaurant.
 I started to get anxious about my pain getting worse.*

Thoughts
What went through your mind at the time? If this is true, what does that mean about me?

I started thinking that if I go, I will not have anything to talk about because I have not done anything. My pain started getting worse, so I then started thinking that there is not any point in going because it will only make my pain worse and I will then need to leave early. This would be really embarrassing - I do not think my friends would get it and I do not want to talk about it to them. They do not really know how hard things have been for me since my accident. I was also worried that if I went out for too long, tomorrow my pain would flare up and I will not be able to get out of bed. Then the rest of my week is ruined.

Feelings
Emotions

What emotion did you feel at this time?
How intense was that feeling (0–10)?

I felt really anxious and fearful – 8/10.

Feelings in your body
What did you feel in your body at this time?
Where in your body did you feel it?

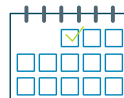
My heart was racing, my hands were shaking and my back pain got worse. I got really hot and sweaty, and I could not focus on what I was doing.

Behaviours

What did you do at this time?
What did you stop doing?
What would others have seen you do?

A while after I was meant to meet them, I texted one friend that I was not coming. I then turned my phone off so that I could not see any messages.

The next day I saw that a few friends had messaged me to see if I was ok but I didn't get back to them.





Be Pain Smart – Depression

Have a go at filling out a thought record. Think of a recent time when you had a strong feeling, maybe when you felt really down or depressed. Fill in the thought record.

It can feel a bit strange to do this at first, but give it a go. To see the patterns in your thoughts, you might need to do this 2-3 times a week for a few weeks.

Situation
What? When? Where? Who?

Thoughts
What went through your mind at the time? If this is true, what does that mean about me?

Feelings
Emotions

What emotion did you feel at this time?
How intense was that feeling (0–10)?

Feelings in your body

What did you feel in your body at this time?
Where in your body did you feel it?

Behaviours

What did you do at this time?
What did you stop doing?
What would others have seen you do?