

*JOSEPH M. RIPPERGER, M.D. & ASSOCIATES*  
**WEBSITE PATIENT PRINTOUT**

**Mood-Thought Record**

Complete this record when you notice a drastic change in your mood, such as more depressed or more anxious. The purpose of this exercise is to learn to be aware of negative thoughts and their effect on your emotions and mood.

<u>Date/Time</u>	<u>Situation/Trigger</u>  Was there a stressor or triggering event?	<u>Negative Automatic Thoughts</u>  What thoughts were going through your mind? What were you thinking?	<u>Emotions</u>  What emotions do these thoughts cause? Rate the Level of Each Emotion (0-100%)	<u>Healthier Thinking</u>  Try to change your thinking to be less negative, more realistic, healthier, more appropriate, less self-defeating	<u>Emotions</u>  Rate the level of each emotion now that you have challenged with healthier thoughts; Did you have a decrease? If so, how much?
			Emotion: (%)		Emotion: (%) ? ↓