

Dysfunctional Thought Record - Checking

Situation	Automatic Thoughts	Emotional Reaction	Distortion	Review of Evidence and Alternative Thoughts or Plan	Outcome
I think I might have forgotten to turn off the stove	The house will burn down and I will be at fault. I couldn't live with myself if that happened.	Fear 95%	All or nothing thinking, making predictions without evidence	<p>I can't be sure I left the stove on or not but I can take the risk. I don't need to be certain.</p> <p>If something bad happens like the house burning down I will have to struggle but I can live with it.</p> <p>People can survive their house burning down even if it is their fault. I will go ahead and go to work, not go back and check.</p>	Fear 75% at first but later it drops to 20%