

## Dysfunctional Thought Record - Voices

Situation	Automatic Thoughts	Emotional Reaction	Distortion	Review of Evidence and Alternative Thoughts or Plan	Outcome
Voices tells me to hurt myself	If I don't do what it says then the voices will hurt me	Fear 100%, Anger 80%	Predictions without evidence	<p>The voices say I must obey, but they have never actually done anything to me except call me names or give me instructions.</p> <p>I can refuse to obey and find out what happens.</p> <p>Maybe they are just empty threats as they have never done anything to me in the past.</p>	Fear 50% Anger 50%