

OC DEPERSONALISATION AND FEELINGS OF UNREALITY

Thought Record

<p>1 Situation (when/ where/ what/ with whom)</p>	<p>2 Negative Automatic Thought (NAT) & strength of belief (0–100%)</p>	<p>3 Moods (0–100%)</p>	<p>4 Evidence for NAT</p>	<p>5 Evidence against NAT</p>	<p>6 Balanced thought</p>	<p>7 Re-rate moods</p>	
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APPENDIX II BLANK WORKSHEETS
