

MALADAPTIVE THOUGHTS RECORD FOR HEADACHES

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MALADAPTIVE THOUGHTS RECORD FOR HEADACHES INSTRUCTIONS

PREPARATION

- A. To help you become aware of the type of critical thinking that will help you with this worksheet, please read the articles found at torontoconcussion.ca > Education > Library > ...
- 1) <https://torontoconcussion.ca/terminology/language-recovery/>
 - 2) <https://torontoconcussion.ca/terminology/socratic-dialogue/>
 - 3) <https://torontoconcussion.ca/terminology/decision-making-style/>
 - 4) <https://torontoconcussion.ca/terminology/responsibility-pie/>
 - 5) <https://torontoconcussion.ca/terminology/strengths-resources/>
- B. Complete at least one MALADAPTIVE THOUGHTS RECORD per day, and when you experience the following:
- 1) High stress
 - i. E.g., someone may set the threshold for doing a THOUGHT RECORD as a stress level higher than 50/100.
 - 2) Negative emotions
 - i. E.g., someone may set the threshold for doing a THOUGHT RECORD as a negative emotion level higher than 50/100.
 - 3) Headache onset
 - 4) Severe Headache
 - i. E.g., someone may set the threshold for doing a THOUGHT RECORD for a severe headache as a headache intensity greater than 75/100.

USING THE MALADAPTIVE THOUGHTS RECORD

1. SETTING.

- a. Who were you with?
- b. What were you doing?
- c. When was it (day & time)?
- d. Where were you?

2. STRESSOR LEVEL.

On a scale of 0-100, where 100 is the most possible, and 0 is the opposite:

- a. What was your stress level?
- b. What was your headache intensity?

3. EMOTIONS.

- a. What did you feel? Describe each mood in one word.
- b. Rate the intensity each mood (0-100%).
- c. Circle or mark the mood you want to examine, a.k.a. the “hot mood”.

4. SITUATION.

Briefly describe the stressful activity/situation you were in or the general topic of thought?

5. AUTOMATIC THOUGHTS [ATs] (OR IMAGES).

- a. What was going through your mind just before you started to feel this way (word-for-word is best)?
- b. What memories or images do I have in this situation?
- c. Rate the conviction with which you believe each thought, where 100 represents “it’s set in stone, there’s not a shadow of a doubt” and 0 is the opposite.
- d. Circle the thought that carries with it the most conviction, we will call this the HOT THOUGHT.

6. EVIDENCE THAT SUPPORTS THE HOT THOUGHT.

Write factual evidence to support the conclusion of the HOT THOUGHT

- a. Write facts, not interpretations.
- b. What makes you think this thought is true?

7. EVIDENCE THAT DOES NOT SUPPORT THE HOT THOUGHT.

Ask yourself some of the following questions:

- a. Is there any evidence that the HOT THOUGHT might not be true, or not completely true?
- b. Have I been in this type of situation before? What happened? Is there anything different between this situation and previous ones? What have I learned from prior experiences that could help me understand this situation differently?
- c. Five years from now, if I look back at this situation, will I look at it any differently? Will I focus on any different part of my experience?
- d. Are there any strengths or qualities I have that I am ignoring? What are they? How might they help in this situation?

- i. <https://torontoconcussion.ca/terminology/strengths-resources/>

- e. Are there any positives in this situation that I am ignoring?
 - i. <https://torontoconcussion.ca/terminology/gratitude/#1614205657737-4584b98a-8cfa>
- f. Do any of the common cognitive distortions apply to the way I am looking at this situation?
 - i. <https://torontoconcussion.ca/terminology/language-recovery/#1615241669826-3f2c17b4-a043>
- g. Am I blaming myself for something over which I do not have complete control? How can I right-size my share of the responsibility?
 - i. <https://torontoconcussion.ca/terminology/responsibility-pie/>
- h. If you have difficulty coming up with evidence against your HOT THOUGHT, ask yourself some of the following questions found at are website:
 - i. <https://torontoconcussion.ca/terminology/socratic-dialogue/#1614117472313-f476a40a-b087>
 - ii. <https://torontoconcussion.ca/terminology/decision-making-style/#1615940588978-2c4d59f3-682b>

8. ALTERNATIVE/BALANCED THOUGHT.

- a. What is the effect of believing the HOT THOUGHT(s)?
 - i. What could happen if I changed my thinking?
- b. Write a *balanced* thought, write one statement summarizing all the evidence that supports your HOT THOUGHT(s) (row 6), and another statement summarizing all the evidence that does not support my HOT THOUGHT(s) (row 7).
 - i. Does combining the two summary statements with the word “and” create a balanced thought that takes into account all the information I have gathered?
- c. If someone I cared about was in this situation, had these thoughts, and had this information available, what alternative view(s) of the situation would I suggest?
 - i. If someone who cares about me knew I had my HOT THOUGHT(s), what might this person say is another way of understanding this situation?
- d. If a HOT THOUGHT is supported:
 - i. what is the worst outcome?
 - ii. what is the best outcome?
 - iii. what is the most likely outcome?
- e. What can I do about this now?
- f. Rate how much you believe each alternative or balanced thought (0-100%).

9. OUTCOME.

Rerate the intensity of each of the following on a scale of 0-100%:

- a. Emotions, including any new emotions
- b. Stress level
- c. Headaches

REFERENCES

1. Burns, D. D. When Panic Attacks. New York: Morgan Road Books (2006).
2. Greenberger, D. & Padesky, C. Mind Over Mood, 2nd Edition. Guilford (2015).
3. Martin, P. (1993). Psychological Management of Chronic Headaches: Treatment Manual for Practitioners. Guilford Press.