

# Suicidal Thought Record

Figure 9.3. Expanded Suicidal Thought Record/Self-Monitoring Sheet for Cognitive Restructuring

Triggering Event(s) <sup>A</sup>	Suicidal Thoughts Beliefs <sup>B</sup>	Severity <sup>C</sup> (1-10)	Duration <sup>D</sup> (1-10)	Feelings <sup>E</sup>	Severity (1-10)	Duration (1-10)	Behavioral Response <sup>F</sup>	New Belief	How much I Believe It <sup>G</sup>
Had an argument with my wife. She left and I was at home alone.	I thought I was worthless, didn't deserve to live.	9	20 minutes.	Anger, frustration, sadness.	9	About 15 minutes.	I completed my STR, finished the ICARE response.	I'm not worthless just upset.	10

**My most common distortions:**

*Catastrophizing, Emotional Reasoning, Magnification/Minimization, Personalization.*

<sup>A</sup> Provide as much detail as possible. Indicate the full context, what day, time, who was present, what happened, and what did you do?

<sup>B</sup> Describe the specific thought(s) you had at the time. For example, "I thought of taking an overdose, that I didn't deserve to live, everybody would be better off if I was dead".

<sup>C</sup> Describe the intensity or severity of your thoughts on a scale of 1-10, 1 being mild and 10 overwhelming.

<sup>D</sup> Note how long the thoughts lasted, a few seconds, minutes, hours, or days. Please try to be precise.

<sup>E</sup> Describe your feelings such as anger, sadness, guilt, anxiety. Remember, you can feel more than one thing at a time.

<sup>F</sup> Complete the ICARE steps.

<sup>G</sup> Rate the degree to which you believe the NEW BELIEF (rating on a scale of 1-10).