GI Symptom Thought Record

Stressful Event What is the triggering event? Example: I noticed stomach pain and fullness after lunch	**Automatic Thoughts** What am I telling myself about the situation? Example: "Oh no, my symptoms are going to get worse and ruin my entire day."	**Unhelpful thinking style** What thinking trap might I be falling into? Example: Catastrophizing	**Emotions (0-100)** Example: Anxiety 80	**Behavior/Urges** What do I want to do? Example: Stay home Cancel plans	**Balanced Response** What is a more balanced interpretation of my symptoms and my ability to cope? Example: "Pain and fullness can be uncomfortable, but I can cope and do what is important to me."	**Coping Strategies** What additional skills can I use? Example: Diaphragmatic breathing	**Outcome** What happened after shifting my thinking and using my coping skills? Example: Anxiety decreased to 30. Kept plans. Symptoms became less distressing and I was able to enjoy the day.

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