THERAPY RESOURCES

# CBT

COGNITIVE BEHAVIORAL THERAPY

# WORKSHEET

## Thought Record

Dr. Garin D. Vick

# CO-PARENTING
## TOOLS, TIPS, & TACTICS

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# CO-PARENTING
## TOOLS, TIPS, & TACTICS

"Helping families before, during, and after divorce."

## SERVICES PROVIDED BY DR. VICK

**FORENSIC SERVICES**
(ALL require a court order)

Reunification Therapy
Family Integration Therapy
Court-Qualified Parenting Coordinator
FL Supreme Court Certified Family Mediator
Expert Witness Services
Professional Consultation
Collaborative Divorce Coach / Neutral Facilitator
Specialized Treatment & Consultation with Court-Involved Children & Families
Court-ordered Mental Health Evaluations / Psychological Evaluations
Competency Evaluations (Juvenile & Adults)

**CLINICAL SERVICES**
(no court order required)

Individual Therapy
Family Therapy
Psychological Testing
Giftedness Evaluations
Co-Parenting Divorce Consultant

***Accepting New Clients**

**The Role of Daily Thought Records in High-Conflict Co-Parenting Relationships**

High-conflict co-parenting relationships can strain both parents and children, making effective communication and cooperation challenging. Daily thought records offer a structured approach to managing emotions, improving interactions, and reducing conflict. Here's how daily thought records can benefit co-parents dealing with high-conflict situations:

**1. Enhanced Emotional Awareness**

Daily thought records encourage co-parents to document their thoughts and emotions regularly. This practice helps them become more aware of their emotional triggers and responses. By identifying recurring patterns of anger, frustration, or anxiety, co-parents can better understand their emotional landscape and its impact on their interactions.

#### 2. *

**2. Cognitive Restructuring**

Using a daily thought record helps co-parents challenge and reframe negative or distorted thoughts. For instance, if a parent records a thought like, 'My co-parent never cooperates,' they can examine evidence for and against this belief. Through this process, they might recognize instances where cooperation did occur, leading to a more balanced perspective and reducing automatic negative assumptions.

**3. Improved Communication**

High-conflict relationships often suffer from poor communication. By using daily thought records, co-parents can prepare for discussions by reflecting on their thoughts and emotions beforehand. This preparation helps them communicate more clearly and calmly, reducing the likelihood of heated arguments and misunderstandings.

**4. Stress Reduction**

Writing down thoughts and feelings daily provides an emotional outlet, helping co-parents manage stress. This practice can reduce the emotional intensity of conflicts, allowing parents to approach co-parenting with a clearer, more composed mindset. As a result, interactions become less reactive and more constructive.

**5. Conflict Resolution**

Daily thought records enable co-parents to reflect on conflicts and identify effective resolution strategies. By analyzing past disputes, parents can learn what triggers conflicts and what approaches have successfully resolved issues. This insight can guide future interactions, promoting more effective conflict resolution.

### 6. Personal Growth and Self-Reflection

Regular journaling fosters self-reflection, helping co-parents recognize their role in conflicts and areas for improvement. This self-awareness can lead to personal growth and more thoughtful behavior. By understanding their contributions to conflicts, parents can take proactive steps to change their actions and attitudes.

### 7. Tracking Progress and Setting Goals

A daily thought record serves as a tool to track progress over time. Co-parents can set specific goals, such as improving patience or practicing active listening, and use the journal to monitor their achievements and setbacks. This ongoing reflection supports continuous improvement in the co-parenting relationship.

## Practical Tips for Using Daily Thought Records

1. **Be Consistent:** Make journaling a daily habit to maintain continuity and reinforce self-awareness.

2. **Be Honest and Detailed:** Write candidly about your thoughts, feelings, and interactions to gain the most benefit.

3. **Focus on Solutions:** Use the journal to brainstorm constructive ways to address and resolve conflicts.

4. **Review Regularly:** Periodically review entries to identify patterns, assess progress, and refine goals.

5. **Include Positive Interactions:** Documenting positive interactions can help balance perspectives and reinforce constructive behaviors.

**Conclusion**

Daily thought records are a powerful tool for co-parents in high-conflict relationships, promoting emotional awareness, cognitive restructuring, improved communication, and personal growth.

By incorporating this practice into their routine, co-parents can reduce conflict, enhance cooperation, and create a more stable and supportive environment for their children.

# CO-PARENTING
## TOOLS, TIPS, & TACTICS

### Thought Record

**Instructions:** Use this worksheet daily to record and analyze your thoughts, emotions, and behaviors. This practice helps identify patterns and develop healthier responses.

**1. Date:** _____

**2. Situation:**

Describe the situation:

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## Describe the situation (continued)

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### 3. Automatic Thoughts:

What thoughts went through your mind?

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## 4. Emotions:

What emotions did you feel? (Rate intensity 0-10)

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**5. Behavior:**

What did you do in response to these thoughts and emotions?

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## 6. Alternative Thoughts:

What could you think instead?

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**7. Outcome:**

How do you feel after considering these alternative thoughts?

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**Notes:**

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