
Thought Record

Instructions: Complete a separate copy of this form for each relevant fear or phobia.

Phobic object or situation: Elevators

Thoughts about the object or situation:

1. The doors may get stuck.
2. The cable may snap.
3. The elevator is old and will break down.
4. The elevator has not been checked and could fail to operate.
5. When the doors open slowly they may not open at all.
6. I will be stuck and no one will ever find me.
7. An earthquake could happen while I'm in the elevator.

Thoughts about the way I feel in the situation:

1. I feel like I can't get enough air so I might stop breathing.
 2. I feel so lightheaded that I will faint.
 3. I feel so anxious that I might lose control and scream.
 4. My urge to get out is so strong that I could hit the doors.
 5. People will see that I am anxious and will think I'm weird.
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Figure 4.3

Example of Thought Record form