

Thought Record

1 of 2 | Notice the pattern

Choose one specific moment. Record what you noticed before trying to change or explain it.

The moment

What happened? Where were you? Stick to what you observed.

My automatic thoughts

What went through my mind? Underline or name the main thought.

Belief in the main thought: 0-100%

Feelings and intensity: 0-100% for each

For example: anxious 70%, hurt 40%.

Body sensations

What did I notice physically?

My response

What did I do, avoid doing or feel an urge to do?

Thought Record

2 of 2 | Explore and reflect

You do not have to find a positive explanation. Aim for a fairer, fuller picture.

What supports my interpretation?

What information might point towards another explanation?

What am I assuming or unable to know yet?

What would I say to a friend?

A balanced perspective

A realistic statement that acknowledges uncertainty.

One helpful next step

Check back: belief, feelings and learning

Rate belief and feelings again (0-100%). What did I learn?