



Thought Record

Situation or Trigger (who, what, when, etc)

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Starting Rate of Feelings/Body Sensations (0-100%):

Unhelpful Thoughts/Images	Evidence to Support Thought/Image	Evidence to Challenge Thought/Image	Balanced Thought
<ul style="list-style-type: none"> • What went through my mind? • What disturbed me? • What did those thoughts/images mean to me, or say about me? • What 'button' is this pressing for me? • What would be the worst thing about that or that could happen? 	<ul style="list-style-type: none"> • What are the facts? • What facts do I have that the unhelpful thoughts/images are totally true? 	<ul style="list-style-type: none"> • What facts do I have that the unhelpful thought/image are NOT totally true? • Is it possible that this is opinion, rather than fact? • What have others said about this? 	<ul style="list-style-type: none"> • What would someone else say about this situation? • What's the bigger picture? • Is there another way of seeing it? • What advice would I give someone else? • Is my reaction in proportion to the actual event?
			Re-rate emotion: