

# Thought Record



Have you experienced a situation that has triggered negative thoughts? Use this worksheet to combat these thoughts and reformulate them into healthy, realistic ones.

## Situation/ Trigger

The who, what, where, when, why, and how of the situation.

## Feelings and emotions

What emotion was I feeling at the time of the situation? How intense was it (0 - 100%)? What did I notice in my body? Where did I feel the emotion?

## Unhelpful Thoughts and Images

What thoughts went through my mind? What did these thoughts/images mean to me or say about me? What button is this pushing for me? Example: *"I'm a failure."*

## Facts that support the unhelpful thought

Example: *"I made a mistake at work. I handed in my assignment late. My supervisor told me to fix the mistake."*

## Facts that provide evidence against the unhelpful thought

Example: *"I'm hard on myself. I don't always succeed, but I do sometimes. People have complimented me on my work. I'm usually good at my job."*

## Alternative, more realistic and balanced perspective

Example: *"I don't have to succeed at everything. I can learn from my mistakes. I'm not a failure. I'm being hard on myself. A mistake is not failure. I am successful in many ways."*

## Outcome

How am I feeling now? Re-evaluate my emotions and their intensity (0 - 100%).