Thought record (step by step)

Work through one upsetting thought from start to finish.

Name _____ Date _____

1. The situation. Where was I, what was happening?

2. Feelings

Name each one and rate it 0 to 10

3. The hot thought

The thought that carries the most feeling. How much do I believe it (0 to 100%)?

4. Evidence that supports the thought

Facts only, not feelings or guesses

5. Evidence that does not fit the thought

What would I tell a friend? What have I missed?

6. A more balanced way of seeing it. Take both columns into account.

7. How much do I believe the balanced view? (0 to 100%)

8. My feelings now (0 to 10)

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This handout supports your therapy. It does not replace professional advice.