Thought record (simple)

Use this when you notice a sudden shift in how you feel.

Name _____ Date _____

Catch the moment as close to when it happens as you can. One line is enough. Rate how strong the feeling was from 0 (not at all) to 10 (the strongest it could be).

When and where	What I felt (0 to 10)	What went through my mind
Tuesday, on the bus to work	*Anxious 7*	*"I am going to mess up the presentation and everyone will see."*

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