

Thought Record

reflective

A thought record is a valuable tool to help you understand and manage your thoughts and feelings. It's a simple worksheet that guides you in identifying specific situations that might trigger uncomfortable emotions, analyzing the thoughts that occur in those moments, and then challenging them by looking at evidence both for and against those thoughts. Fill out a thought record whenever you encounter a situation that causes significant distress or when you notice a pattern of negative or irrational thoughts.

Name	Date / Time
Event	
Event: What event, previous thought or circumstance led to how you are feeling now?	
Automatic Thought	
What thought seemingly popped up out of nowhere?	
How true does the thought feel to you? 1, not so true. 10 very true.	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ 1 10
What is the evidence (if any) supporting the thought? Facts only! No opinions!	
What cognitive distortion are you potentially utilizing? An inaccurate and negatively biased thought. (Circle one)	
<i>Dichotomous Thinking</i>	<i>Magnification / Minimization</i>
<i>Catastrophizing</i>	<i>Selective Abstraction</i>
<i>Discounting The Positive</i>	<i>Mind Reading</i>
<i>Emotional Reasoning</i>	<i>Overgeneralization</i>
<i>Labeling</i>	<i>Personalizing</i>
	<i>Should Statements</i>
	<i>Jumping To Conclusions</i>
	<i>Blaming</i>
	<i>What If?</i>
	<i>Unfair Comparisons</i>
Automatic Emotion	
What emotion did you feel after having the automatic thought?	
How strong is the emotion? 1, weak. 10 very strong.	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ 1 10

Working Thought: After analyzing your thought and looking at the evidence, what is a more appropriate thought?

Resulting Behavior

What behavior did you engage in? (Example- Did you avoid doing something? Did you yell at somebody? Did you get quiet? etc.)

Are there any physical sensations or any additional automatic thoughts that present themselves? If so, what are they?

What are the pros and cons of this behavior?

Working Thought

After analyzing your automatic thought and looking at the evidence, what is a more appropriate thought?

How much do you believe this new thought?
1, I don't believe it at all. 10, I believe it very strongly.

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

1 10

Working Emotion

What Emotion did you have as a result from working through your thought?

How strong is the emotion?
1, weak. 10, very strong.

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

1 10

Intended Behavior

What do you intend to do with the new working thought?

Are there any physical sensations or any additional automatic thoughts that present themselves? If so what are they?