

Thought Record - Light

reflective

A thought record is now even more accessible with our lighter version, designed to help you begin identifying your thoughts and feelings with ease. This simplified worksheet will guide you in recognizing situations that may cause discomfort, and gently prompt you to explore the thoughts and emotions that arise in those moments. Fill out this thought record when you feel uneasy or notice recurring thoughts that you'd like to understand better.

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
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?	