

Thought Record



Where were you?	Emotion or feeling	Negative automatic thought	Evidence that supports the thought	Evidence that does not support the thought	Alternative thought	Emotion or Feeling
<p>Where were you? What were you doing? Who were you with?</p>	<p>Rate each emotion from 0-100% e.g. upset 60%</p>	<p>What thoughts were going through your mind? What memories or images were in your mind?</p>	<p>What facts support the truthfulness of this thought or image?</p>	<p>What experiences indicate that this thought is not always entirely true? If my best friend had this thought, what would I tell them? Could I be jumping to conclusions?</p>	<p>Write a new thought which takes into account evidence for and against the original thought.</p>	<p>How do you feel about the situation now? Rate 0-100%</p>