



# Thought Record

**Situation or Trigger** (who, what, when, etc)

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Starting Rate of Feelings/Body Sensations (0-100%):

<b>Unhelpful Thoughts/Images</b>	<b>Evidence to Support Thought/Image</b>	<b>Evidence to Challenge Thought/Image</b>	<b>Balanced Thought</b>
<ul style="list-style-type: none"> <li>• What went through my mind?</li> <li>• What disturbed me?</li> <li>• What did those thoughts/images mean to me, or say about me?</li> <li>• What 'button' is this pressing for me?</li> <li>• What would be the worst thing about that or that could happen?</li> </ul>	<ul style="list-style-type: none"> <li>• What are the facts?</li> <li>• What facts do I have that the unhelpful thoughts/images are totally true?</li> </ul>	<ul style="list-style-type: none"> <li>• What facts do I have that the unhelpful thought/image are NOT totally true?</li> <li>• Is it possible that this is opinion, rather than fact?</li> <li>• What have others said about this?</li> </ul>	<ul style="list-style-type: none"> <li>• What would someone else say about this situation?</li> <li>• What's the bigger picture?</li> <li>• Is there another way of seeing it?</li> <li>• What advice would I give someone else?</li> <li>• Is my reaction in proportion to the actual event?</li> </ul>
			Re-rate emotion: