Thought Record Worksheet

Notice, name, and gently reframe difficult thoughts.

A MOMENT FOR YOURSELF

You do not need to challenge every thought. Start by getting curious about what showed up.



01 SITUATION

What happened? Where were you, and what was happening just before the thought?

02 EMOTIONS & INTENSITY

What feelings came up? Circle or add your own.

☐ Anxious ☐ Sad ☐ Angry ☐ Ashamed ☐ Other

Emotion: _____ Before (0-100): _____

03 AUTOMATIC THOUGHT

What did your mind tell you? Write the thought in its original words.

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CONTINUE YOUR PRACTICE

A More Balanced Perspective

Look for a response that feels realistic, not forced.



04 WHAT SUPPORTS THE THOUGHT?

Which observable facts, if any, support it? Try to separate facts from predictions.

05 WHAT ELSE COULD BE TRUE?

What facts do not fit? What might you say to someone you care about?

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06 A BALANCED RESPONSE

Write a fairer, more compassionate way to see the situation.

CHECK IN AGAIN

Emotion now: _____ Intensity after (0-100): _____

Even a small shift in perspective can be meaningful.