

# Thought Record



The first step is to recognise, identify, and record some of your negative thoughts

A thought record is used to help us become more aware of our thoughts. Use this thought record to keep track of thoughts so they can be later explored and their accuracy can be examined. Remember, the best time to fill this worksheet out is when you notice a sudden negative change in your feelings and mood.

<b>Situation</b> When did this happen? What were you doing? Where were you? Who were you with?	<b>Emotions</b> What were you feeling? Write each emotion you feel in one word (Intensity rating between 0% - 100%)	<b>Thoughts</b> What thoughts or images were going through your mind? (Believability rating between 0% - 100%)
<i>Example:</i>		
Date & Time:		
Date & Time:		
Date & Time:		

Remember to bring this with you to your next CBT session