

Thought Record

Use this sheet when your mood drops or your anxiety rises. Writing a thought down makes it easier to look at it closely and build a more realistic one.

Situation What happened? Where were you? Who was there?	Emotions What did you feel? How strong was each feeling, from 0 to 100?	Negative Thoughts What went through your mind? Write the exact words.	Distortions Which thinking traps do you see? Use the Cognitive Distortions handout.	Realistic Thoughts What is a more realistic way to see this? What would you say to a friend?
Example: My friend did not answer my text all day.	Sad 70 Anxious 60	She is angry with me. I must have done something wrong.	Mind reading Fortunetelling	She is often busy at work. She has answered late before, and things were fine. I can ask her if something is wrong.