Thought Record

Fill in one row when your mood drops or anxiety rises. Short notes are enough.

Name: _____ Week of: _____

1. Situation When, where, who, what happened?	**2. Feelings** Name each feeling and rate it 0-100%	**3. Automatic thought** What went through my mind? Circle the "hot" thought.	**4. Evidence** For the thought | Against the thought	**5. Balanced thought** A fairer view. Re-rate feelings 0-100%

Questions for column 4: What would I tell a friend who had this thought? Am I mind-reading, fortune-telling, or thinking all-or-nothing? What has happened in similar situations before? What is the most likely outcome, not just the worst? Will this matter in a year?

Based on the thought record used in cognitive behavioural therapy, which grew out of Aaron T. Beck's cognitive therapy (Beck, Rush, Shaw and Emery, 1979). Layout and wording: sherjeelawan.com. Free worksheet from sherjeelawan.com by Dr. Malik Sherjeel Awan (PsyD). For personal use; not a diagnosis or a substitute for professional care. In an emergency call your local emergency number.