

# Thought Record

<b>Situation/ Activating Event</b>	<b>Feelings</b> Emotions- (rate 0-100%) Body sensations	<b>Unhelpful Thoughts/Images</b>	<b>Facts that <u>support</u> the unhelpful thought</b>	<b>Facts that provide evidence <u>against</u> the unhelpful thought</b>	<b>Alternative, more realistic and balanced perspective</b>	<b>Outcome</b> re-rate emotion
<p><i>What happened? Where? When? Who with? How?</i></p>	<p><i>What emotion did I feel at the time? What else? How intense was it?</i></p> <p><i>What did I notice in my body? Where did I feel it?</i></p>	<p><i>What went through my mind? What did those thoughts/images/ memories mean to me or say about me or the situation?</i></p> <p><i>What am I responding to? What 'button' is this pressing for me? What would be the worst thing about that, or that could happen?</i></p>	<p><i>What are the facts? What facts do I have that the unhelpful thoughts are totally true?</i></p>	<p><i>What facts do I have that the unhelpful thoughts are NOT totally true? Is it possible that this is opinion rather than fact? What have others said about this?</i></p>	<p><i>STOP! Take a breath... What would someone else say about this situation? What's the bigger picture? Is there another way of seeing it?</i></p> <p><i>What would I say to someone else experiencing this?</i></p> <p><i>Is my reaction in proportion to the actual event?</i></p>	<p><i>What am I feeling now? (0-100%)</i></p> <p><i>What could I do differently?</i></p> <p><i>What will be most helpful for me or the situation? What will the consequences be?</i></p>