

Thought Record Sheet – 7 column

Situation / Trigger	Feelings Emotions – (Rate 0 – 100%) Body sensations	Unhelpful Thoughts / Images	Facts that <u>support</u> the unhelpful thought	Facts that provide evidence <u>against</u> the unhelpful thought	Alternative, more realistic and balanced perspective	Outcome Re-rate emotion
<p>Sitting on the bus</p> <p>Call from Dr to say to stay on meds for another month.</p>	<p>Embarrassed 80%</p> <p>Scared 90%</p> <p>Anxious 70%</p> <p>Sad 90%</p> <p>sweating felt sick could not breath shaking stuttering</p>	<p>"People are watching me" 80%</p> <p>"I thought I was doing so well" 90%</p> <p>deadpool was next to making me laugh</p>	<p>.....</p>	<p>I have made good progress in my therapy</p> <p>I just had a blip, but I know I am making progress.</p> <p>The negative thoughts I have are not actually facts</p> <p>The Dr wants me to get the full benefit of the medication, to help my mental health.</p>	<p>I have been doing well and I recognise that therapy takes time to put into practice and that's ok"</p> <p>STOPP! Take a breath....</p> <p>What would someone else say about this situation? What's the bigger picture? Is there another way of seeing it? What advice would I give someone else? Is my reaction in proportion to the actual event? Is this really as important as it seems?</p>	<p>Embarrassed 80%</p> <p>Scared 60%</p> <p>Anxious 50%</p> <p>Sad 70%</p> <p>Re-rate belief-</p> <p>What am I feeling now? (0-100%)</p> <p>What could I do differently? What would be more effective?</p> <p>Do what works! Act wisely. What will be most helpful for me or the situation? What will the consequences be?</p>
<p>What happened?</p> <p>Where? When?</p> <p>Who with? How?</p>	<p>What emotion did I feel at that time?</p> <p>What else?</p> <p>How intense was it?</p> <p>What did I notice in my body?</p> <p>Where did I feel it?</p>	<p>What went through my mind?</p> <p>What disturbed me? What did those houghts/images/memories mean to me, or say about me or the situation?</p> <p>What am I responding to?</p> <p>What 'button' is this pressing for me? What would be the worst thing about that, or that could happen?</p>	<p>What are the facts?</p> <p>What facts do I have that the unhelpful thought/s are totally true?</p>	<p>What facts do I have that the unhelpful thought/s are NOT totally true?</p> <p>Is it possible that this is opinion, rather than fact?</p> <p>What have others said about this?</p>		