

Thought Record Sheet - Anxiety

Situation	Emotions / Moods (rate 0 - 100%)	Physical sensations & reactions	Unhelpful Thoughts / Images	Alternative / realistic thought More balanced perspective	What I did / What I could do? Cognitive technique / What's the best response? Re-rate (Emotion 0-100%)
<p>What happened? Where? When? Who with? How?</p>	<p>What emotion(s) / feel in that area? What else? How intense was it?</p>	<p>What do I notice in my body? What would others notice about me?</p>	<p>What went through my mind? What disturbed me? What do those thoughts/images/reactions mean to me, or say about me or the situation? What am I responding to? What factor is the pressing for me? What would be the worst thing that could happen? What would be the best thing about that? Am I over estimating the danger? Am I under estimating my ability to cope? Is this test or opinion?</p>	<p>STOP! Take a breath... What would someone else say about the situation? What's the bigger picture? Is there another way of seeing it? What advice would I give someone else in the situation?</p>	<p>What will be the consequences of my action(s)? Do what works! Act wisely What will be most helpful for me, for others, or the situation? What could I do differently? What would be more effective?</p>

© Carol Taylor (2011), permission to use for therapy purposes