Thought Record Sheet – 7 column

Situation / Trigger	Feelings Emotions + Rate 1-4 (100%) Body sensations	Automatic thoughts/ images	Facts that support the unhelpful thought	Facts that provide evidence against the unhelpful thought	Alternative more realistic and balanced perspective	Outcome Re-rate emotion
What happened? Where? When? Who was? About?	What emotion did I feel in the moment? How strong? How intense was it? What else? How intense was it? What did I notice in my body? Where did I feel it?	What went through my mind? What did I think/ feel? What did I imagine happening? What is the worst part about this situation? What am I afraid of? What does it mean about me? What does it say about others? What does it say about the world? What is the worst thing about this situation? What is the most "hot" part?	What are the facts? What facts do I have that the unhelpful thoughts are really true?	What facts do I have that the unhelpful thoughts are NOT really true? Is it possible that this is a mistake, some other fact? What is an alternative explanation?	STOP! Take a breath... What would someone else say about this situation? What is the bigger picture? Is there another way of looking at it? What would I say to a friend? Is this reaction in the spirit of the event? Is this really an overreaction to it?	What am I feeling now? (1-100%) What would I do differently? What would my body physically? Do I still believe the unhelpful thoughts? What will I do next? What will the first step be in the situation? What will the consequences be?