

Thought Record: fill this out whenever you notice yourself having a strong unpleasant feeling or reaction to something

Date/ time	What was the situation or event?	What did you DO? (behaviors)	What did you FEEL? (emotions)	What were your THOUGHTS? (List as many as possible)	CHALLENGING UNHELPFUL THOUGHTS Ask yourself: do these thoughts make sense? Are there exaggerations/ distortions? (see list of common errors) Are they helpful or harmful? Then, respond to your initial thoughts below with more helpful, rational, balanced statements. It may help to imagine you're talking to a beloved friend/ family member.

Date/ time	Situation	Behaviors	Feelings/ Emotions	What were your THOUGHTS? (List as many as possible)	CHANGE YOUR THOUGHTS to more rational, helpful thoughts here.