

# Thought Record Sheet

Date \_\_\_\_\_

Trigger/ Situation

What happened?  
where? Who with?  
How?

Feelings Emotions + body sensations

What emotions did  
you feel? How  
intense was it? What  
did I notice in my  
body?

Unhelpful Thoughts / Images

What went through  
my mind? What  
button is pressing for  
me? What were the  
images memories?

Facts that support the negative thoughts

What are the facts?  
What evidence do I  
have that the  
unhelpful thoughts  
are true?

Facts that provide evidence against the thought

What are the facts  
do I have that are  
NOT totally true? It is  
opinion? What have  
others said?

Alternative, more realistic and balanced perspective

STOP What would  
your most trusted friend  
tell you to do? What  
advice would you  
give someone else?

Outcome Re-rate emotion

How are you feeling  
now? What could I  
do differently? What  
will be most helpful  
for me?