

Thought Record



Thoughts aren't always accurate. This is especially true of negative or highly emotive thoughts. Test the thought to find and find a more accurate and positive thought.

Thought- What happened, what did I think and how did this thought make me feel (rate strength of emotion out of 100%).

Evidence for (not assumptions/opinions)

Evidence against

Alternative thought- what does the proof say, how is this different from the old thought, how does it change the way you feel (out of 100%).