


# Thought Record



 20 Minutes

 Understand what negative automatic thoughts are, how they affect you and how you can reframe and replace them with more balanced thinking.

Situation	Automatic thoughts I had	Emotions I felt	Body / Physical sensations	My response (behaviours)	A better response	More positive thoughts
<p><i>What happened? When? Where? Who was with me? How?</i></p>	<p><i>What went through my mind? Did I give myself labels? What did those thoughts/images/memories mean to me, or say about me or the situation?</i></p>	<p><i>What emotion did I feel at that time? How intense was it?</i></p>	<p><i>What did I notice in my body? What did I feel? Where did I feel it?</i></p>	<p><i>What did I do upon thinking and feeling that way? Did I escape the situation? Did I do something to feel better? Or worse?</i></p>	<p><i>Could I have reacted differently? What will be most helpful for me the next time I encounter this situation? How can I look after myself?</i></p>	<p><i>Is there an alternative perspective? What would someone else say? What advice would I give someone else? Is my reaction in proportion to the actual event?</i></p>

# Instructions



1. Describe the **situation**. What led to this event? What caused the unpleasant feelings you are experiencing?  
Be as specific as possible.
2. Write down the **negative automatic thoughts** that you had. Rate how much you believe these thoughts to be true on a scale from 1 to 10.  
  
1= do not believe at all  
  
10 = believe completely
3. Describe the **emotions** that you were feeling. Rate the intensity of these emotions on a scale from 1 to 10.  
  
1 = not very intense  
  
10 = completely overwhelming
4. Describe the **physical sensations** that you were feeling. Rate each sensation's intensity on a scale from 1 to 10.  
  
1 = not very intense  
  
10 = completely overwhelming
5. Describe your response. What did you do once you had these thoughts and emotions?
6. If your response did not improve your wellbeing, or if it made you feel worse, try to think of a **more adaptive response** you could take.
7. Write down **alternative, more balanced thoughts** that you could use the next time you encounter this situation.