



Thought Record Template

Thought	Intensity (0 to 10)	Physical Sensations	Unhelpful Thoughts	Realistic Thoughts	What do you want to do?
<p><i>What happened? Where? When? Who with? How?</i></p>	<p><i>What emotion did I feel at that time? What else? How intense was it?</i></p>	<p><i>What did I notice in my body? Where did I feel it?</i></p>	<p><i>What went through my mind? What disturbed me? What did those thoughts/images/memories mean to me, or say about me or the situation? What am I responding to? What 'button' is this pressing for me? What would be the worst thing about that, or that could happen?</i></p>	<p><i>Is this fact or opinion? What would someone else say about this situation? What's the bigger picture? Is there another way of seeing it? What advice would I give someone else? Is my reaction in proportion to the actual event? Is this really as important as it seems?</i></p>	<p><i>What could I do differently? What would be more effective? Do what works! Act wisely. What will be most helpful for me or the situation? What will the consequences be?</i></p>