

THOUGHT RECORD

DATE:

STEP 1: PAUSE

Okay, what happened here?

STEP 2: TRIGGER

Who, What, When, Where, Why?

STEP 3: THOUGHTS

What thoughts were running through my mind immediately after the trigger?

STEP 4: EMOTIONS

What emotions am I feeling right now? On a scale from 1 to 10, how intense are they?

STEP 5: ALTERNATIVE THOUGHTS

What are some alternative—ideally, more realistic—ways of interpreting what happened?

STEP 6: RE-RATE EMOTIONS

How intense are my emotions now?