Thought record

When you notice a strong feeling, write down the moment and work across the five columns from left to right. Rate from 0 (not at all) to 100 (as strong as it gets).

1 Situation	2 Emotion	3 Automatic thought	4 Rational response	5 Result
What happened? Where, when, and with whom?	What did you feel? Name the emotion and rate how strong it was.	What went through your mind just before? How much did you believe it?	What is the evidence for and against? What would you tell a friend? Write a fairer view and how much you believe it.	How much do you believe the thought now? How strong is the emotion now?
When _____	Intensity _____ /100	Belief _____ /100	Belief _____ /100	Belief now _____ /100 Emotion now _____ /100
When _____	Intensity _____ /100	Belief _____ /100	Belief _____ /100	Belief now _____ /100 Emotion now _____ /100
When _____	Intensity _____ /100	Belief _____ /100	Belief _____ /100	Belief now _____ /100 Emotion now _____ /100

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