



## Thought Record Worksheet

Date: \_\_\_\_\_

Situation: (Describe the situation that triggered your thoughts)

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1. What was your emotional response?

(Identify the emotions you felt, e.g., anxiety, sadness, anger)

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2. What were your automatic thoughts?

(List the immediate thoughts that went through your mind during the situation)

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3. Evidence for the thought:

(What evidence supports this thought?)

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4. Evidence against the thought:

(What evidence contradicts this thought?)

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5. Alternative thought:

(What is a more balanced or realistic thought?)

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6. How do you feel now?

(Identify your emotions after reframing your thoughts)

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7. What would you do differently next time?

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**Tips for Using the Thought Record:**

- *Be Honest:* Write down your thoughts and feelings as they come to you.
- *Review Regularly:* Look back at your thought records to identify patterns.
- *Practice Consistently:* The more you use the worksheet, the better you'll become at recognising and reframing your thoughts.