

Simple Thought Record

Thought records can help us to recognise and change our unhelpful thoughts. The purpose of a thought record is to get you into the habit of paying attention to your thoughts and working on how to change them. Try the task below:

Situation Who, What, When, Where?	Feelings What did you feel? Rate strength of emotion 0-100%	Thoughts What was going through your mind as you started to feel this way? (Thoughts or images)