Thought record

An Everyday Insight tool
mythoughtrecord.com

One upsetting moment, slowed down. Work through the steps in order. Rate on a scale from 0 to 100.

Name _____ Date _____

1 Situation

What was happening when your mood shifted? One specific moment: where you were, who was there, what happened. Stick to the facts, what a camera would have caught.

2 Feelings

Name each feeling, usually in one word, and rate how strong it was at the time. For example: anxious 70, ashamed 80. If it needs a sentence, like “I feel like a failure,” it is a thought for step 3.

In your body, optional _____

3 Thoughts and images

What went through your mind, just as it came. Include pictures and memories. Write each one as a statement. “What if they laugh?” becomes “They are going to laugh at me.”

4 Hot thought

The one thought most tied to your strongest feeling, or the one you most want to work on. Write it here.

How much do you believe it right now, 0 to 100? ____

Does it fit a thinking style? Optional _____

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5 Evidence for

Facts that support the hot thought. Be fair to it. Facts are things anyone who was there could confirm, not guesses about what people were thinking.

6 Evidence against

Facts that do not support it, or suggest it is not the whole story. What else could explain it? What happened last time? What would someone who cares about you point out? What would you tell a friend?

7 Balanced thought

A thought that takes both lists into account. Not the opposite of the hot thought, and not a positive slogan. Something you can believe. Try “even though” or “and.” If the evidence mostly supports the hot thought, write what is true and what you can do about it.

How much do you believe it, 0 to 100?

8 Feelings now

Rate the same feelings again. Even a small drop counts. Some feeling usually stays.

How much do you believe the hot thought now, 0 to 100?

9 What I learned

What stands out about the thought, the feelings, or the link between them? Is there one small thing you will do next?

Next step, and when

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