A balanced thought

An Everyday Insight tool
mythoughtrecord.com

Session 3 of 4 in a Thought Record group. A balanced thought, and what changed.

NAME

DATE

1 Picking up where you left off

Bring the thought, the feelings, and the evidence from last session, or start a new one.

THE HOT THOUGHT

HOW MUCH I BELIEVE IT NOW, 0 TO 100 _____

FEELINGS, ONE WORD EACH, AND HOW STRONG EACH WAS, 0 TO 100

THE STRONGEST EVIDENCE FOR

THE STRONGEST EVIDENCE AGAINST

2 A balanced thought

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

A BALANCED THOUGHT

HOW MUCH I BELIEVE IT, 0 TO 100 _____

FEELINGS NOW, THE SAME ONES RATED AGAIN

HOW MUCH I BELIEVE THE HOT THOUGHT NOW _____

WHAT I LEARNED

3 One full record this week

Before the next session, do one more record from start to finish, on a printed Thought Record, online, or in the app.

WHEN I’LL DO IT

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