Practice and getting unstuck

An Everyday Insight tool
mythoughtrecord.com

Session 4 of 4 in a Thought Record group. Practice, and getting unstuck.

NAME

DATE

1 The record I did

Look at the record you did this week.

THE HOT THOUGHT, AND HOW MUCH I BELIEVED IT BEFORE AND AFTER

WHAT WENT WELL

WHERE I GOT STUCK

2 When you get stuck

Three common places to get stuck, and what to try.

The evidence supports the thought. Sometimes the thought is mostly true. Then the balanced thought says what's true and what you can do about it.

The thought keeps coming back. Arguing with it again may not help. Write it as "I'm having the thought that…" and notice it without debating it.

The feeling doesn't change much. Feelings often shift slowly. A small drop counts, and some feeling usually stays.

For education and reflection. Not a substitute for professional care.
Free to copy for personal, clinical, and educational use. © 2026 Everyday Insight LLC · mythoughtrecord.com

3 Looking back

Over the four sessions.

A THOUGHT I BELIEVE LESS THAN I DID

THE THINKING STYLES I NOTICE MOST IN MYSELF

WHAT I WANT TO KEEP DOING

WHEN A HOT THOUGHT SHOWS UP NEXT TIME, I WILL

Keep going

The Thought Record has free printable worksheets and an online version at mythoughtrecord.com. Nothing you enter leaves your device.

For education and reflection. Not a substitute for professional care.
Free to copy for personal, clinical, and educational use. © 2026 Everyday Insight LLC · mythoughtrecord.com