

Thought Record

Catch automatic thoughts and find the balanced ones.

When something stressful happens, our minds jump to automatic thoughts — often unhelpful or distorted. This worksheet helps you slow down and write what happened, what you thought, and what a more balanced view might look like.

NAME (OPTIONAL)

DATE

1. Situation

What happened? Who, what, when, where.

2. Emotion

Name the feeling. Rate intensity 0–100.

3. Automatic thought

What ran through your mind in that moment?

4. Evidence FOR the thought

What facts support this thought being true?

5. Evidence AGAINST the thought

What facts suggest this thought might be partial or distorted?

6. Balanced thought

Given both sides, what's a fairer, more useful thought?

7. Re-rated emotion

Re-rate the feeling 0–100. What changed?
