

Thought Record Sheet

Trigger or situation when the thought happened	Emotion/ feelings it brought up Apply a rating (1 low- 10 high)	Negative thought or image	Is there any proof this is true?	What evidence disproves this thought- what makes it untrue?	Alternatives to this thought- what is a more balanced thought about this issue?	Rate your emotion on the issue now:
E.g. In the supermarket and I did not have enough money to buy everything I needed at once	Sad, annoyed, frustrated, tearful 8 out 10	I'm worthless, I don't earn enough to buy what I need	Wage could be better	I get paid next week and I usually manage OK month to month	I want to change job, I am working on my CV. I had a bad month with one large bill and it has been a struggle, but actually I afforded what I needed on the whole with some cut-backs but next month will OK again.	5 out of 10. Still annoying but I have calmed down now. It's temporary.