

## **My thought record**

**Situation – what’s happening, where am I, who is there?**

**My thoughts – what am I thinking about in this situation?  
What am I predicting will happen? Do I have any memories,  
images about this?**

**Am I making any classic thinking errors? (e.g. predicting the worst, all or nothing thinking, fortune telling, etc.)**

**My feelings – How do I feel? What else am I feeling? Can I feel this in my body, what’s that like?**

**My responses – what do I do/not do to cope with these thoughts and feelings?**

**Less helpful responses**

**Helpful responses**

**What are the real facts of the situation (that is, not based on how I feel or what I may be thinking)?**

**Taking the facts into account, is there a more balanced way I could think or see the situation?**

**Does that make me feel differently? How do I feel now?**

**Does it help me to respond in more helpful ways? How?**

**What do I do? What's the outcome?**

**What have I learned that I might hold onto for the next time something like this comes up?**

**How will I remember this for next time?**