

THOUGHT RECORD | OBSERVING

Thought records can be a fundamental tool in understanding why you believe something and can be a first step in challenging automatic negative thoughts that we so often jump to. Use this first page to simply observe situations that cause an emotional reaction and the negative thought that comes to mind.

Situation (Trigger)	Emotion or Feeling	Negative Thoughts I had

THOUGHT RECORD | CHALLENGING

After you have spent some time observing, see if you can challenge those negative thoughts. Continue to record what situations cause an emotional reaction and the negative thought that arises. Challenge yourself to find evidence that supports that thought as well as evidence that does not. Try to find an alternative thought to counter the original negative thought and record how the new thought makes you feel.

Situation (Trigger)	Emotion/Feeling	Negative Thoughts	Evidence Supporting Negative Thought	Evidence NOT Supporting Negative Thought	Alternative Thought	New Emotion/Feeling