



Thought Record

What happened before I started feeling bad, mad worried, or stressed?	What did I feel; emotions or body sensations?	How intense were my feelings from 1-10?

Word-for-word, what were my thoughts or self-talk? Rate how believable the thoughts were 1-10	Thinking errors- use your thinking errors sheet to find a label the type of error	Create a thought that is smarter, makes more sense, is more accurate, or feels better, then rate how believable the new thought is 1-10