MHM PSYCHOLOGY
MENTAL HEALTH MATTERS

Thought Record

If there was a camera on you during this situation, what would it have seen and heard (i.e. what you did, said, who was there, what was happening)? The camera would NOT see or hear your thoughts, and maybe not even your emotions.	What went through your mind at the time? This could be thoughts (strings of words) or images (e.g. a picture or video in your mind).	Emotions/Feelings (these are ONE word, e.g. happy, sad, angry, anxious, etc). What was the intensity of that emotion? 0 = none at all, 10 = the most I have ever feel
		Emotions are one word Emotion: Rating: Emotion: Rating: Emotion: Rating: Emotion: Rating:
		What did you feel in your body?
	Now, rate how much you BELIEVED each of these thoughts at the time from 0% to 100%	What did you do?

If you are going to have these thoughts, and if they are going to continue to cause you distress, it makes sense to make sure that they are as accurate as possible. This is not about just pretending that things are ok or about being positive, but about being as factual and rational as possible.

Next, choose one of the thoughts that you believed highly.

Next, ask yourself these questions about this thought:

Is this thought helpful?

Is this thought realistic?

What is the evidence that supports this thought?

What is the evidence against this thought?

Does this thought contain any of these words: always, never, completely, must, I have to, etc?

What would you tell your best friend about this thought, if they were having it?

If this thought was actually true, how bad would that be?

What is an alternative to this thought that might be more realistic and helpful?

Now, do this with the rest of the difficult thought you listed on the first page of this worksheet.

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