Thought record

Pick one moment that still stings. Fill in the columns from left to right. Rate from 0 (not at all) to 100 (completely). Write the fuller view in words you actually believe.

1. Situation What happened, where and when?	**2. Thought** The exact words. How much do you believe it? (0 to 100)	**3. Feeling** What did you feel, and how strong? (0 to 100)	**4. Feels true because** Facts that seem to back the thought up	**5. Doesn't fit** Facts the thought leaves out. What would you tell a friend?	**6. A fuller view** A thought that fits everything you wrote	**7. Rate again** Belief in the first thought, and the feeling, now

If the thought is a worry about what might happen, skip columns 4 to 6 and fill this in instead:

What exactly do I fear will happen?

When will I know? (date to check)

What happened when I checked?

Anything I can do before then? (optional)

Based on the thought record in Beck, Rush, Shaw and Emery, Cognitive Therapy of Depression (1979), and Greenberger and Padesky, Mind Over Mood. Made by Joel Dean, Joyful AI Journal. joyfulaijournal.com/thinking/thought-record

If you are thinking about harming yourself, call or text 988 (US) or contact local emergency services.