



THOUGHT RECORD

Use this template to identify and alter the relationship between difficult situations, negative emotions, unhelpful thoughts, counter productive behaviours and distressing physical reactions. Practice noticing how identifying and changing negative thinking can alter the way you react to challenging situations.

Situation/ Trigger	Initial Response	Negative Automatic Thought	Supporting Evidence	Opposing Evidence	Realistic Alternative Thought	Outcome
Describe the trigger or situation – this could be also an initial thought, feeling or image	Identify any negative emotions, reactions or physical sensations. Rate 0-100%	Describe negative automatic thoughts linked to assumptions, memories or beliefs	What evidence supports this thought?	What evidence opposes this thought?	What is a more helpful or realistic way of thinking about this?	Re rate emotions and reactions 0-100%