

Thought Record



PROGRESS
PSYCHOTHERAPY

Negative beliefs can make us think in negative or unrealistic ways. But we can use evidence to challenge these and find more positive and balanced ways of thinking.

Thought- What happened, what did I think and how did this thought make me feel (rate strength of emotion out of 100%).

Evidence for (proof and not assumptions)

Evidence against

Alternative thought- what does the proof say, how is this different from the old thought, how does it change the way you feel (out of 100%).