

# 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%).**