

# Thought Record



PROGRESS  
PSYCHOTHERAPY

**Thoughts don't always need to be accurate. This is especially true of negative or highly emotive thoughts. This is a way to test them and find a more balanced, positive thought.**

**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%).**