Thought record

Client | Date | Session no.

1. Situation

Where, when, with whom. Just the facts.

2. Automatic thought

What went through your mind, word for word. How much do you believe it, 0 to 100%?

3. Emotion and body

What you felt and where in the body. How strong, 0 to 100?

4. What I did

What you did next and what happened after.

5. Another way to see it

What would you tell a friend in the same spot? What speaks for and against the thought? Rate the thought and the emotion again.

Thought record: filled example

Client Anna, 34 (fictional) | Date 11/14 | Session no. 4

1. Situation

Tuesday, 9:40, waiting for the planning meeting. My manager asked for the report.

2. Automatic thought

"They'll fire me for a single mistake." 90%.

3. Emotion and body

Anxiety 80, tight chest, hot face.

4. What I did

Checked the report 5 more times. **Calmer for an hour**, then worried again.

5. Another way to see it

Two years without a serious mistake, the manager asked for the report, not about mistakes. **Belief now 50%, anxiety 45.**