

Thought Record

planners

Date: _____

PW PW PW PW PW PW PW

A structured way through a difficult thought: what happened, what you thought, and what the evidence actually says.

Date & time _____ Where / who with _____

The situation - what actually happened

The thought that went through my mind

How it felt

Feeling _____ How strong, 0 to 100 _____

PW PW PW PW PW PW PW

Evidence that supports the thought

Evidence that does not support it

A more balanced way of putting it

And now

Feeling _____ How strong, 0 to 100 _____

PW PW PW PW PW PW PW