

Thought Record Sheet

Thought record keeping is an excellent way to become aware of cognitive distortions that may have gone previously unnoticed. When you notice yourself experiencing negative thought patterns or emotions, record the situation and work through alternate thought patterns.

Example:

Situation: A project deadline is rapidly approaching at work.

Thoughts: This is too stressful. I'm always procrastinating, and I'll never finish this on time.

Emotions: Nervous/anxious

Actions or behaviors that contributed to the situation: Procrastination

Restructured thought: This will be difficult, but I've met tough deadlines in the past, and I can do it again, even if I have to work all night.

Evidence: I've met difficult deadlines in the past. I have stayed up all night before for fun, so I should be able to do it for work.

Situation: _____

Thoughts: _____

Emotions: _____

Actions or behaviors that contributed to the situation: _____

Restructured thought: _____

Evidence: _____
