

### Thought Record Sheet

Situation	Emotions / Moods (rate 0 – 100%)	Physical sensations & reactions	Unhelpful Thoughts / Images	Alternative / realistic thought More balanced perspective	What I did / What I could do / Defusion technique / What's the best response? Re-rate Emotion 0-100%
<p><i>What happened? Where? When? Who with? How?</i></p>	<p><i>What emotion did I feel at that time? What else? How intense was it?</i></p>	<p><i>What did I notice in my body?  What would others notice about me?</i></p>	<p><i>What went through my mind? What disturbed me? What did those thoughts/images/memories mean to me, or say about me or the situation? What am I responding to? What 'button' is this pressing for me? What would be the worst thing about that, or that could happen? Do I think I'm being treated unfairly? Am I thinking that I won't stand for it and I must do something about it?</i></p>	<p><i>STOPP! Take a breath.... Is this fact or opinion? What would someone else say about this situation? What's the bigger picture? Is there another way of seeing it? Am I personalising what happened? How important is this? How important will this be in 6 months time? Is my reaction in proportion to the actual event? What do I want from this situation? Is that reasonable for everyone? What advice would I give someone else in this situation?</i></p>	<p><i>What will the consequences of my action be? Will I have any regrets later?  Do what works! Act wisely.  What will be most helpful for me, for others, or the situation? What could I do differently? What would be more effective?</i></p>