

THOUGHT RECORD

Monitoring our thoughts, emotions and behaviours in situations that trigger off negative feelings helps to learn about our patterns of thinking and behaviour and to begin to gradually change these patterns. Use this sheet to record any situations that trigger anxiety or episodes of low mood.



Day / Time	Situation / Trigger	Negative Automatic Thoughts (NATs)	Emotion / Mood (Rate 0-100%)	Physical sensations	Behaviour / Coping strategies
	<i>What happened? Where were you? Who with?</i>	<i>What went through your mind? What did you find disturbing? What's the worst thing that seemed could happen? What did those thoughts or images mean to you, or say about you or the situation?</i>	<i>What emotion did you feel at the time? How intense was it on the scale from 0 to 100%?</i>	<i>What physical sensations did you notice in your body? Where did you feel that?</i>	<i>What did you do in order to cope with the situation? How did you deal with the thoughts or emotions you were experiencing? How did you make yourself safe/OK?</i>

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Do you notice any pattern in your thoughts, feelings or behaviour?

Is there anything you would like to change about your response to this type of situation?.....