Thought record

Anxious thoughts arrive fast and feel true. This worksheet slows them down so you can look at them with a little more distance. Use it soon after a difficult moment, while the details are fresh.

1. The situation

Where were you, who was there, what was happening?

2. The thought

What went through your mind? Write it exactly as it sounded.

3. Feelings & body

Name the emotions and rate each 0–100. Where did you feel it?

For personal use alongside therapy. Not a substitute for professional care. In crisis? Call or text 988.

Thought record

4. Check the thought

What supports it? What doesn't? What would you tell a friend?

5. A more balanced thought

Not forced positivity — just a fuller, fairer version.

6. Re-rate

How strong are the feelings now, 0–100?