Thought record

Slow a moment down and look at it from every side

Situation	Feelings (0 to 100)	Automatic thought	Evidence for	Evidence against	Balanced thought	Feelings now (0 to 100)

Name _____ Date _____

Evidence for and against

Weigh the thought like a fair judge would

The thought I am testing

How much do I believe it? _____ %

Facts that support it

Facts that do not fit

A fairer way to see it

How much do I believe the original thought now? _____ %

Name _____ Date _____

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