

Thought Record

NOTICE · QUESTION · REBALANCE · RE-RATE

When your mood shifts, note what went through your mind. Weighing the evidence helps you reach a view that is fairer and more complete — not just more positive.

 1. SITUATION Where were you, what was happening, who was there?	 2. AUTOMATIC THOUGHTS What went through your mind? Circle the "hot" thought. How much do you believe it? (0–100%)	 3. EMOTIONS Name each feeling and rate its intensity (0–100)	 4. EVIDENCE What facts support the hot thought? What facts don't fit it?	 5. BALANCED THOUGHT Taking all the evidence into account, what is a fairer view? Belief (0–100%)	 6. RE-RATE Re-rate the original emotions (0–100). Anything new?
EXAMPLE Tuesday evening at home. My manager messaged: "Can we have a quick chat tomorrow?" — no other detail.	"I've done something wrong. I'm going to be told off." Belief 85%	Anxious 80 Dread 65	For: The message was short. I did miss a deadline last month. Against: The deadline was discussed and resolved. Her messages are usually brief. The last "quick chat" was about scheduling.	"It could be feedback — I have made mistakes before. But I'm treating one possibility as a certainty. Most of her chats are routine, and if it is a problem, I can listen and respond." Belief 70%	Anxious 40 Dread 20 Plan: note questions to ask.
	BELIEF _____ %		FOR AGAINST	BELIEF _____ %	
	BELIEF _____ %		FOR AGAINST	BELIEF _____ %	
	BELIEF _____ %		FOR AGAINST	BELIEF _____ %	
	BELIEF _____ %		FOR AGAINST	BELIEF _____ %	

If you get stuck

- What would I say to a friend who had this thought?
- Is there another way to explain what happened?
- Am I treating a feeling as if it were a fact?
- What is the most realistic outcome — and how would I cope?

SOURCES Beck, A.T., Rush, A.J., Shaw, B.F. & Emery, G. (1979). *Cognitive Therapy of Depression*. Guilford Press. · Beck, J.S. (2021). *Cognitive Behavior Therapy: Basics and Beyond* (3rd ed.). Guilford Press. · Greenberger, D. & Padesky, C.A. (2016). *Mind Over Mood* (2nd ed.). Guilford Press. · National Institute for Health and Care Excellence (2022). *Depression in adults: treatment and management* (NG222).