

Thought Record Journal

Important Note: While this product offers valuable support, it is not meant to replace counselling or psychotherapy. If you're not already seeing a mental health professional, we encourage you to find a trusted counsellor or therapist in your area to help guide you on your journey.

Instructions:

- **Identify the Situation:** Describe the event or situation that triggered your thoughts and feelings.
- **Record Your Thoughts:** Note the automatic thoughts that came to mind in response to the situation.
- **Identify Emotions:** List the emotions you felt and rate their intensity from 0 to 100.
- **Evaluate Evidence:** Write down the evidence that supports and contradicts your thoughts.
- **Generate Alternative Thoughts:** Come up with more balanced or alternative thoughts.
- **Re-rate Your Emotions:** Reassess the intensity of your emotions after considering alternative thoughts.

Date: _____

Situation

Describe the event or situation in detail.

Automatic Thoughts

What thoughts went through your mind?

Emotions

What emotions did you feel? List them and rate their intensity.

Evidence That Supports My Thoughts

What facts support your automatic thoughts?

Evidence That Contradicts My Thoughts

What facts go against your automatic thoughts?

Alternative Thoughts

What are some more balanced or alternative thoughts?

Re-rate Your Emotions

Reassess the intensity of your emotions after considering alternative thoughts.

Reflection

How did this exercise help you? Any insights or changes in perspective?

Next Steps

What actions or steps can you take moving forward?
