CROWN COUNSELING

Thought Record

Name _____ Date _____

1. SITUATION

Where were you, who was there, and what happened? Just the facts, like a camera would record it.

2. FEELINGS

Name each feeling in one word and rate how strong it was, from 0 to 100.

Feeling	How strong (0 to 100)

3. AUTOMATIC THOUGHT

I believe it _____ %

What went through your mind? If several thoughts came up, pick the one with the most feeling attached.

4. EVIDENCE FOR

Facts that support it. Facts only, not feelings or guesses.

5. EVIDENCE AGAINST

Facts that do not fit. What would I tell a friend?

6. BALANCED THOUGHT

I believe it _____ %

A thought that takes all of the evidence into account. It does not have to be positive, just fair.

7. FEELINGS NOW

Rate the same feelings again, from 0 to 100.

_____ _____ % _____ _____ % _____ _____ %

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ABC Worksheet

The same event can lead to different feelings, depending on what we tell ourselves about it.

A

ACTIVATING EVENT

What happened? Describe it the way someone else watching would.

B

BELIEF

What did you tell yourself about it? What did it mean to you?

C

CONSEQUENCES

How did you feel, what did your body do, and what did you do next?

How strong was the feeling, 0 to 100? _____

Same A, different B

Keep the same event. What else could you tell yourself, and where might that lead?

B: A DIFFERENT BELIEF

C: WHAT THAT MIGHT LEAD TO

Example. A: A friend walks past me in the hallway without saying hi. **B:** She is ignoring me. I must have done something wrong. **C:** Hurt (70) and worried. Stomach in knots. I avoided her at lunch.

A different B: Maybe she did not see me, or she had something on her mind. **C:** A little hurt (20) but curious. I texted her later to say hi.

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Evidence For and Against

Put one thought on trial. Facts only, on both sides.

THE THOUGHT

How much I believe it: _____ %

EVIDENCE FOR

Facts that support the thought.

EVIDENCE AGAINST

Facts that do not fit the thought.

QUESTIONS THAT HELP

- What do I know for sure, and what am I guessing?
- Has this happened before? How did it turn out?
- What would I tell a friend who had this thought?
- What would someone who cares about me say?
- Am I leaving anything out, or brushing off something good?
- Am I in a thinking trap, like mind reading or catastrophizing?
- If the worst did happen, how would I cope?
- Will this matter in a week? In a year?

A BALANCED THOUGHT THAT FITS ALL THE EVIDENCE

Now, how much I believe the first thought: _____ %

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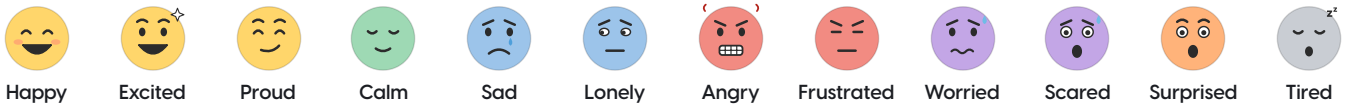
My Thought Bubbles

Our thoughts change how we feel. You can write or draw.

WHAT HAPPENED?

MY BRAIN SAID...

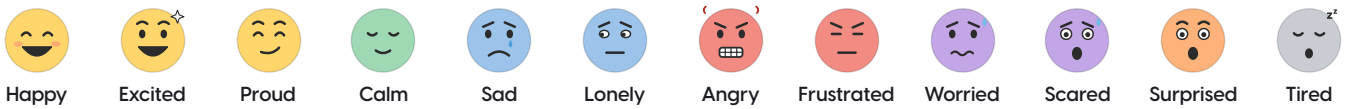
I FELT... CIRCLE ONE. WAS IT SMALL, MEDIUM OR BIG?



SO I...

A MORE HELPFUL THOUGHT COULD BE...

NOW I FEEL... CIRCLE ONE.



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