

Thought Record

Situation	Thoughts How strongly do you believe this thought? Use a percentage %	Emotions How strong is this emotion? Use a percentage %	Behaviors

Ask yourself: What about this situation is making me feel the way I feel? This will help you identify your thoughts.
Which thoughts seem most closely related to these feelings? These are hot thoughts
If that thought were true, what might it say about me? My world? My future?

