

# THOUGHT RECORD SHEET

Situation	Emotions / Moods (rate 0 100%)	Physical sensations	Unhelpful Thoughts / Images	Alternative / realistic thought More balanced perspective	What I did / What I could do / Defusion technique / What's the best response?  Re-rate Emotion 0100%
<p>What happened? Where? When? Who with? How?</p>	<p>What emotion did I feel at that time? What else? How intense was it?</p>	<p>What did I notice in my body? Where did I feel it?</p>	<p>What went through my mind? What disturbed me? What did those thoughts/images/memories mean to me, or say about me or the situation? What am I responding to? What 'button' is this pressing for me? What would be the worst thing about that, or that could happen?</p>	<p>STOPP! Take a breath.... Is this fact or opinion? What would someone else say about this situation? What's the bigger picture? Is there another way of seeing it? What advice would I give someone else? Is my reaction in proportion to the actual event? How important is this?</p>	<p>What could I do differently? What would be more effective?  Do what works! Act wisely. What will be most helpful for me or the situation? What will the consequences be?</p>



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