# **Thought record**

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| **Prompt** | **Example** | **My thoughts** |
| **1. Situation – what happened** | I am annoyed at myself for forgetting to run an errand. |  |
| **2. My feelings – how this made me feel at first** | Frustrated, stupid, useless. |  |
| **3. Unhelpful thoughts I had** | I never get anything right.  I cannot be trusted with simple tasks. |  |
| **4. Evidence to support my unhelpful thoughts** | It's not the first time  I've forgotten something like this. |  |
| **5. Evidence against my unhelpful thoughts** | Everyone forgets things from time to time, and  I remembered everything else I needed to do. I'm usually reliable when it comes to errands. |  |
| **6. Alternative neutral or more realistic thoughts** | I remember to do far  more errands than I forget. It's happened before but not often – it's just that  the forgotten ones stick  in my memory. Most of the time I am trustworthy and reliable. |  |
| **7. How I feel now – after completing my thought record** | Calmer, more confident  in myself – I am neither stupid nor useless. Accepting that sometimes forgetting things is perfectly normal. |  |