

Thought Record

Notice your automatic thoughts and learn to examine them

When something feels off, pause and fill in the table below. Putting thoughts into words helps the brain process them differently.

Situation / Trigger	Automatic Thought	Emotion & Intensity (1-10)	Cognitive Distortion	Alternative Thought	New Emotion + Intensity
Boss criticized my work	I'm not good enough	Shame, 8	Overgeneralization	The comment was about the task, not me	Mild disappointment, 4

Common Cognitive Distortions

Overgeneralization: "always" / "never"
Mind Reading: "they probably think..."
Black-and-White Thinking: all or nothing
Negative Filter: seeing only the bad
Minimizing: dismissing successes

Should Statements: "I must..."
Personalization: it's all my fault
Fortune Telling: "it will be terrible"
Labeling: "I'm a failure"
Jumping to Conclusions: without evidence