

Thought Record Worksheet

This worksheet helps you identify and reframe negative thoughts that impact your self-esteem.

Examples:

Example:

- Situation: I made a mistake at work.
- Thought: 'I'm terrible at my job.'
- Balanced Thought: 'Everyone makes mistakes, and I can learn from this.'

Instructions:

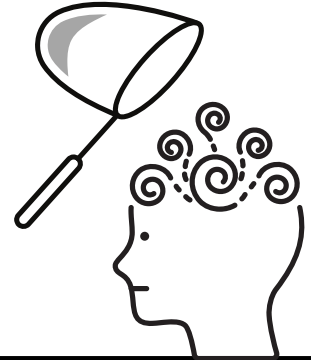
1. Write down a specific situation where you felt bad about yourself.
2. Identify and record the thoughts you had during this situation.
3. Challenge these thoughts by asking:
 - Is this thought based on facts or assumptions?
 - What evidence supports or contradicts it?
4. Replace the negative thought with a balanced, realistic thought.

THOUGHT RECORD

A cognitive-behavioural strategy to capture and identify automatic negative thoughts.

EVENT

What happened?



FEELINGS

How did it make me feel?

THOUGHTS

What was I telling myself when the event was happening?

BEHAVIOUR

What was my response to the situation?

SUPPORTIVE EVIDENCE

Why is my thought true?

NON-SUPPORTIVE EVIDENCE

Why might my thought not be true?