



# 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

What are the facts?

## Non-supportive evidence

What facts show that my thought isn't true?