Basic Thought Record

Name_____ **Date**_____

Situation

Very brief explanation. Who were you with? What were you doing? Where were you? What time and day was it?

_____

_____

Emotions and Intensity 1-100%

Use one word answers such as sad 80%, nervous 30%, angry 40%, guilty 70%, etc

_____ _____ _____

_____ _____ _____

Thoughts

If someone were to draw a cartoon of you at the moment you were upset, what would be in the thought bubble above your head? What were you thinking about when you were upset? How did you view the situation? What was on your mind that may have caused the above emotions? Examples: “She meant to insult me” “I acted like a total idiot” “This is impossible”

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