Thought Record

Each time you have a stressful thought, add it to the Thought Record below. Record the date and time the stressful thought began. Record the situation related to the stressful thought. In the third column, record the stressful thought. In column four, rate the stressful thought and label your emotion (e.g. worry, anger, etc.). Come up with the strategies to counter (i.e., minimizers) the stressful thought and record them in the fifth column. The sixth column is used to re-rate the amount of worry after determining the minimizers.

Examine your thought patterns. For example, How frequently do I worry? When do I worry? What do I usually worry about? How strong are my feelings of worry?

Date/Time	Situation	Stressful Thought	Rating 1-10	Minimizers	Re-Rate 1-10