

Simple Thought Record Worksheet

Situation Who, what, when, where?	Feelings What did you feel? Rate your emotion 0 -100%	Thoughts What was going through your mind as you started to feel this way? (Thoughts or images)



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<i>Out with friends Thursday evening</i>	<i>Anxious - 80%</i>	<i>I'm going to make a fool of myself</i>
<i>Looking after my baby at home On my own</i>	<i>Anxious - 95% Stomach lurched</i>	<i>Image of myself tripping as I carried my baby down the stairs</i>
<i>At work on Friday afternoon - my boss asked to me take on some extra work again with a short deadline</i>	<i>Sad, low, tearful - 70%</i>	<i>I'm such a pushover He won't stop doing this</i>

