

Thought Policing: Thought Record Sheet

What happened?
(the situation)

What emotion?
(rate it from 0 - 100%)

What were the
physical sensations?

What did you think
about/focus on?

What is a more useful
perspective?

How will you prevent
this happening again?

What happened? Where were you?
When? Who were you with? How?

What emotion did I feel at that time?
What else? How intense was it?

What did I notice in my physical body?
Whereabouts did I feel it?

What did I choose to think about? What
did this thought mean about me or the
situation? What did I react to? What is
the worst thing that could happen?

GET OUT YOUR STOP CARD!

Is this fact or opinion? What would
someone else say about this situation?
What's a bigger picture? Is there another
way of seeing it? What advice would I give
someone else? Is this really as important
as it seems?

What could I do differently? What would
be more effective? What will be most
helpful for me or the situation? What will
the consequences be?