



Thought Record

When you encounter a situation that triggers worry thoughts, negative self-talk, anxiety, or low mood, take a minute to reflect on what thoughts you notice, how you are feeling emotionally, and what behaviors you notice (or notice you avoid). Jot down some notes here and we can look for unhelpful thinking patterns that are actually causing you distress.

Situation	Thought	Feeling	What Did I Do	Alternate Thought