Brain Dump

Thought Record Template: Reframe a Thought That's Dragging You Down

Date _____

The situation

Where were you, what happened? Facts only.

The thought

What went through your mind? How much do you believe it, 0 to 100?

How I felt

Name the feelings and how strong they were, 0 to 100.

What supports the thought

What doesn't fit

What would you tell a friend who had this thought? What are you leaving out?

A more balanced view

A thought that takes all of the above into account.

Now

Rate the original thought and your feelings again, 0 to 100.