

My Thought Record

This is your thought record. It's a tool designed to help you understand your thoughts. When something happens that makes you feel a certain way, you can use this sheet to think about what you were thinking, how you responded, and something that helped you—like a coping strategy you used or a more positive way of thinking.

Date	<u>Thoughts</u> What were you thinking?	<u>Situation or Trigger</u> What happened or made you feel this way?	<u>My Response</u> Physical, emotional or behavioural	<u>Something that helped me</u>