Thought Record

A thirty-entry workbook for slowing the moment down.

When a feeling lands hard, the mind moves fast. Writing it down slows things enough to look. This workbook gives you thirty entries; use them daily, weekly, or only on the days something sticks. Each entry has five columns: the situation, the automatic thought, the emotion, the evidence for and against the thought, and a more balanced reading once you have looked at what is there.

How to use this workbook

There is no order you have to follow and no right answer to land on. Start where it is hardest. Skip what does not fit. If you write nothing for a few days that is information too; come back when you can.

The five columns

Situation. Where you were, who was there, what just happened. Concrete details help; "Tuesday morning, kitchen, after the email" reads differently in your head than "in the morning".

Automatic Thought. The thought that arrived without you choosing it. Often a sentence; sometimes an image. Rate how strongly you believed it, from 0 to 100 percent.

Emotion. Name the feeling in one or two words. Rate the intensity from 0 to 100. If several feelings are stacked, list them.

Evidence. On one side, what evidence supports the thought. On the other, what evidence does not. You do not need to be neutral; just honest.

Balanced Thought. A thought that fits the evidence you just looked at. Not a forced positive, just a closer reading. Re-rate the emotion afterward.

A worked example

One filled-in entry to show what a single moment can look like on the page.

Example

Date: 14 March

Situation Where, when, what happened	**Automatic Thought** The thought; how strongly (0-100%)	**Emotion** Name + intensity (0-100)	**Evidence** For the thought / Against the thought	**Balanced Thought** Fits the evidence; re-rate emotion
Tuesday evening, kitchen, after reading the year-end review.	"They think I am failing." Believed 90%.	Shame 70; tired 50.	For: two pieces of critical feedback in the review. Against: three positives in the same review; manager said in person last week the new project was going well; no formal flag.	"There is feedback to act on and I am not in trouble." Shame down to 30; tired the same.

If this was useful and you are considering working with a counsellor, see introspectuscounselling.ca.

Entry 1

Date:

Situation Where, when, what happened	**Automatic Thought** The thought; how strongly (0-100%)	**Emotion** Name + intensity (0-100)	**Evidence** For the thought / Against the thought	**Balanced Thought** Fits the evidence; re-rate emotion

Entry 2

Date:

Situation Where, when, what happened	**Automatic Thought** The thought; how strongly (0-100%)	**Emotion** Name + intensity (0-100)	**Evidence** For the thought / Against the thought	**Balanced Thought** Fits the evidence; re-rate emotion

Entry 3

Date:

Situation Where, when, what happened	Automatic Thought The thought; how strongly (0-100%)	Emotion Name + intensity (0-100)	Evidence For the thought / Against the thought	Balanced Thought Fits the evidence; re-rate emotion

Entry 4

Date:

Situation Where, when, what happened	Automatic Thought The thought; how strongly (0-100%)	Emotion Name + intensity (0-100)	Evidence For the thought / Against the thought	Balanced Thought Fits the evidence; re-rate emotion

Entry 5

Date:

Situation Where, when, what happened	Automatic Thought The thought; how strongly (0-100%)	Emotion Name + intensity (0-100)	Evidence For the thought / Against the thought	Balanced Thought Fits the evidence; re-rate emotion

Entry 6

Date:

Situation Where, when, what happened	Automatic Thought The thought; how strongly (0-100%)	Emotion Name + intensity (0-100)	Evidence For the thought / Against the thought	Balanced Thought Fits the evidence; re-rate emotion

Entry 7

Date:

Situation Where, when, what happened	Automatic Thought The thought; how strongly (0-100%)	Emotion Name + intensity (0-100)	Evidence For the thought / Against the thought	Balanced Thought Fits the evidence; re-rate emotion

Entry 8

Date:

Situation Where, when, what happened	Automatic Thought The thought; how strongly (0-100%)	Emotion Name + intensity (0-100)	Evidence For the thought / Against the thought	Balanced Thought Fits the evidence; re-rate emotion

Entry 9

Date:

Situation Where, when, what happened	Automatic Thought The thought; how strongly (0-100%)	Emotion Name + intensity (0-100)	Evidence For the thought / Against the thought	Balanced Thought Fits the evidence; re-rate emotion

Entry 10

Date:

Situation Where, when, what happened	Automatic Thought The thought; how strongly (0-100%)	Emotion Name + intensity (0-100)	Evidence For the thought / Against the thought	Balanced Thought Fits the evidence; re-rate emotion

Entry 11

Date:

Situation Where, when, what happened	**Automatic Thought** The thought; how strongly (0-100%)	**Emotion** Name + intensity (0-100)	**Evidence** For the thought / Against the thought	**Balanced Thought** Fits the evidence; re-rate emotion

Entry 12

Date:

Situation Where, when, what happened	**Automatic Thought** The thought; how strongly (0-100%)	**Emotion** Name + intensity (0-100)	**Evidence** For the thought / Against the thought	**Balanced Thought** Fits the evidence; re-rate emotion

Entry 13

Date:

Situation Where, when, what happened	Automatic Thought The thought; how strongly (0-100%)	Emotion Name + intensity (0-100)	Evidence For the thought / Against the thought	Balanced Thought Fits the evidence; re-rate emotion

Entry 14

Date:

Situation Where, when, what happened	Automatic Thought The thought; how strongly (0-100%)	Emotion Name + intensity (0-100)	Evidence For the thought / Against the thought	Balanced Thought Fits the evidence; re-rate emotion

Entry 15

Date:

Situation Where, when, what happened	**Automatic Thought** The thought; how strongly (0-100%)	**Emotion** Name + intensity (0-100)	**Evidence** For the thought / Against the thought	**Balanced Thought** Fits the evidence; re-rate emotion

Entry 16

Date:

Situation Where, when, what happened	**Automatic Thought** The thought; how strongly (0-100%)	**Emotion** Name + intensity (0-100)	**Evidence** For the thought / Against the thought	**Balanced Thought** Fits the evidence; re-rate emotion

Entry 17

Date:

Situation Where, when, what happened	Automatic Thought The thought; how strongly (0-100%)	Emotion Name + intensity (0-100)	Evidence For the thought / Against the thought	Balanced Thought Fits the evidence; re-rate emotion

Entry 18

Date:

Situation Where, when, what happened	Automatic Thought The thought; how strongly (0-100%)	Emotion Name + intensity (0-100)	Evidence For the thought / Against the thought	Balanced Thought Fits the evidence; re-rate emotion

Entry 19

Date:

Situation Where, when, what happened	Automatic Thought The thought; how strongly (0-100%)	Emotion Name + intensity (0-100)	Evidence For the thought / Against the thought	Balanced Thought Fits the evidence; re-rate emotion

Entry 20

Date:

Situation Where, when, what happened	Automatic Thought The thought; how strongly (0-100%)	Emotion Name + intensity (0-100)	Evidence For the thought / Against the thought	Balanced Thought Fits the evidence; re-rate emotion

Entry 21

Date:

Situation Where, when, what happened	**Automatic Thought** The thought; how strongly (0-100%)	**Emotion** Name + intensity (0-100)	**Evidence** For the thought / Against the thought	**Balanced Thought** Fits the evidence; re-rate emotion

Entry 22

Date:

Situation Where, when, what happened	**Automatic Thought** The thought; how strongly (0-100%)	**Emotion** Name + intensity (0-100)	**Evidence** For the thought / Against the thought	**Balanced Thought** Fits the evidence; re-rate emotion

Entry 23

Date:

Situation Where, when, what happened	**Automatic Thought** The thought; how strongly (0-100%)	**Emotion** Name + intensity (0-100)	**Evidence** For the thought / Against the thought	**Balanced Thought** Fits the evidence; re-rate emotion

Entry 24

Date:

Situation Where, when, what happened	**Automatic Thought** The thought; how strongly (0-100%)	**Emotion** Name + intensity (0-100)	**Evidence** For the thought / Against the thought	**Balanced Thought** Fits the evidence; re-rate emotion

Entry 25

Date:

Situation Where, when, what happened	Automatic Thought The thought; how strongly (0-100%)	Emotion Name + intensity (0-100)	Evidence For the thought / Against the thought	Balanced Thought Fits the evidence; re-rate emotion

Entry 26

Date:

Situation Where, when, what happened	Automatic Thought The thought; how strongly (0-100%)	Emotion Name + intensity (0-100)	Evidence For the thought / Against the thought	Balanced Thought Fits the evidence; re-rate emotion

Entry 27

Date:

Situation Where, when, what happened	Automatic Thought The thought; how strongly (0-100%)	Emotion Name + intensity (0-100)	Evidence For the thought / Against the thought	Balanced Thought Fits the evidence; re-rate emotion

Entry 28

Date:

Situation Where, when, what happened	Automatic Thought The thought; how strongly (0-100%)	Emotion Name + intensity (0-100)	Evidence For the thought / Against the thought	Balanced Thought Fits the evidence; re-rate emotion

Entry 29

Date:

Situation Where, when, what happened	Automatic Thought The thought; how strongly (0-100%)	Emotion Name + intensity (0-100)	Evidence For the thought / Against the thought	Balanced Thought Fits the evidence; re-rate emotion

Entry 30

Date:

Situation Where, when, what happened	Automatic Thought The thought; how strongly (0-100%)	Emotion Name + intensity (0-100)	Evidence For the thought / Against the thought	Balanced Thought Fits the evidence; re-rate emotion

What did you notice this month?

After a month of entries, take a few minutes to look back. There is no test here; just patterns to notice.

Which thoughts came back most often?

Where did the worry tend to land; work, relationships, your body, something else?

What helped, when it helped?

What did you notice about the gap between the automatic thought and the evidence?

Whatever you found, you spent a month paying attention to your own mind. Carry forward what was useful; set down what was not.

Book a free 15-minute consult

A free, 15-minute call with Sean, a Canadian Certified Counsellor. No pressure, just a conversation.

Join the newsletter · **Leave a Google review**

A review of these free tools is public and optional, so no pressure, especially if you're a current client.

If this was useful and you are considering working with a counsellor, see introspectuscounselling.ca.