



NAVIGATING YOUR
THOUGHTS: A
GUIDE TO THE
THOUGHT RECORD
WORKSHEET

Louize CLARK

WWW.LOUIZECLARK.COM

Introduction to the Thought Record Worksheet

The Thought Record Worksheet is a cognitive behavioural tool designed to help individuals challenge and change negative or unhelpful thoughts that contribute to anxiety and stress. By systematically examining your thoughts and the evidence for and against them, you can develop a more balanced perspective.

How to Use the Worksheet

1. Date and Situation

Begin by noting the date and describing the situation that led to a significant emotional response, such as anxiety or stress.

2. Automatic Thought

Record the first thought that came to mind in response to the situation. These automatic thoughts often reflect deeper beliefs and assumptions.

3. Evidence That Supports the Thought

List any facts or experiences that seem to support this automatic thought. This helps to understand why the thought felt true at the moment.

4. Evidence Against the Thought

Identify evidence that contradicts or challenges the automatic thought. This step is crucial for beginning to change your perspective.

5. Alternative Thought

Based on the evidence against the automatic thought, try to come up with a more balanced or rational thought.

6. Belief in Alternative Thought (1-10)

Rate how much you believe in the alternative thought, from 1 (not at all) to 10 (completely).

7. Anxiety Level Before and After (1-10)

Rate your level of anxiety before and after examining your thoughts, on a scale from 1 to 10. This helps to gauge the effectiveness of the process.

Benefits of Using the Thought Record Worksheet

- **Enhances Self-Awareness:** Gain insight into how your thoughts influence your feelings and behaviours.
- **Promotes Rational Thinking:** Encourages a balanced view of situations, reducing the impact of negative automatic thoughts.
- **Reduces Anxiety:** By challenging unhelpful thoughts, you can significantly reduce feelings of anxiety and stress.
- **Improves Emotional Regulation:** Develops skills in managing emotional responses to challenging situations.
- **Supports Mental Health:** A valuable tool for anyone working on their mental health, whether independently or with a therapist.

Tips for Effective Use

- **Practice Regularly:** The more you use the worksheet, the more natural the process will become.
- **Be Patient:** Changing thought patterns takes time. Don't get discouraged if progress seems slow.
- **Seek Evidence:** Focus on objective evidence for and against your thoughts, rather than assumptions or interpretations.
- **Use It as a Learning Tool:** Each completed worksheet offers insights into your thought patterns and opportunities for growth.

Conclusion

The Thought Record Worksheet is a powerful method for understanding and changing the thoughts that contribute to anxiety. By practicing this technique, you can learn to view situations more clearly and respond to them in healthier ways, leading to reduced anxiety and improved well-being.

ANXIETY

THOUGHT WORKSHEET

BY RECOGNISING THESE THOUGHTS, YOU CAN BEGIN TO DEVELOP STRATEGIES TO MANAGE YOUR ANXIETY MORE EFFECTIVELY.

MY GOAL:

DATE

Situation

eg, before a presentation

Automatic
Thought

I'm gonna fail

Evidence
to
support the
thought

Past Mistakes

Evidence
against the
thought

Successful past presentations

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Alternative
Thought

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Belief in
alternative
thought

1-10

*Anxiety
level
before and
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7- > 4

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