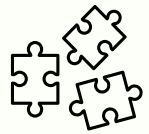


# THOUGHT RECORD

A cognitive-behavioural strategy to identify and challenge the automatic negative thoughts.

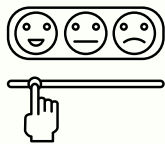
## EVENT

What happened?



## FEELINGS

How did it make me feel?



## THOUGHTS

What was I telling myself when the event was happening?



## BEHAVIOUR

What was my response to the situation?



## SUPPORTIVE EVIDENCE

Why is my thought true?

## NON-SUPPORTIVE EVIDENCE

Why might my thought not be true?

