

Simple Thought Record

Simple thought records capture your thoughts and feelings during situations you think are relevant to therapy. Completing these records early in treatment can help you to gather data from challenging situations. Bringing records to session can support you and your therapist to understand when and how difficulties are presenting.



Situation

Who / what / when / where?

Feelings

What did you feel? (0-100% if helpful)

Thoughts

What went through your mind? (words or images)